Some Warning Signs During Virtual Learning

**SIGNS OF HELPLESSNESS**

- "It will all be over soon"
- "Why bother?"
- "What's the point?"
- "I can't do it"
- "I can't change anything"
- "Nothing ever goes my way"
- "I can never catch a break"
- "Bad things always happen to me"

**SIGNS OF HOPELESSNESS**

- "What's the point of living"
- "Can this be over now?"
- "I will never get it right"
- "Nothing is ever going to change"
- "There's no point in anything anymore"
- "Nothing is going to make me better"

**SIGNS OF BURDENSOME IDEALS**

- "It would be better if I just wasn't here anymore"
- "Everyone would be better off without me"
- "Don't worry, I won't be a problem much longer"
- "I'm the problem"

**RESOURCES:**

- National Suicide Prevention Lifeline: 1-800-273-8255
- Crisis Text Line: Text HOME to 741741
- Website: www.suicideispreventable.org

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