

Some Warning Signs During Virtual Learning



SIGNS OF HELPLESSNESS

"It will all be over soon"

"I can't change anything"

"Why bother?"

"Nothing ever goes my way"

"What's the point?"

"I can never catch a break"

"I can't do it"

"Bad things always happen to me"

SIGNS OF HOPELESSNESS

"What's the point of living"

"Nothing is ever going to change"

"Can this be over now?"

"There's no point in anything anymore"

"I will never get it right"

"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"



National Suicide Prevention Lifeline: 1-800-273-8255

RESOURCES:

Crisis Text Line: Text HOME to 741741

Website: www.suicideispreventable.org