



# BE A FRIEND

## Steps to help a friend

- Don't ignore it if they say they are thinking about suicide or if they have any of the warning signs. Don't wait to see what happens.
- Talk to your friend. See what's on their mind.
- If you are concerned about a friend, you do not have to handle it alone. Even if your friend asks you to keep it a secret, you should talk to someone on staff like an RA or someone in the health and wellness center.
- If you think the person is suicidal, do not leave them. Stay there until help arrives.
- Be supportive and offer your help in the future.



## Crisis Hotlines

Suicide and Crisis Hotline  
Call or text 988

Job Corps Safety Hotline  
(844) 521-7233



How to help a friend  
who is in danger of  
hurting him or herself

---

Source: [CDC's National Centers of Excellence in Youth Violence Prevention](#)

## What would you do?

Your friend just broke up with her boyfriend and she can't get over it. It's been two weeks and you're really starting to get worried. Yesterday she gave you her favorite sweatshirt. This is really strange because she wears it all the time. You've heard that people give away their favorite things before they kill themselves.



## You can help!

We've all been sad. Sometimes it's because something bad happens and sometimes it's for no reason at all. A lot of times we get over whatever it was that made us sad. Sometimes we need more help.

If you think a friend is considering suicide, you can help them.



## Read the signs

Most people who attempt suicide show warning signs beforehand. If someone shows these signs they may need help.

- They lose interest in activities
- They gain or lose a lot of weight
- They're tired all the time
- They frequently feel sick
- They stop taking care of themselves
- They drink a lot or start doing drugs

## Serious Signs

If a friend has any of these signs, get help right away.

- They threaten to hurt or kill themselves
- They talk or write a lot about death or suicide
- They're looking for a gun or pills
- They give away prized possessions
- They're calm or happy after being depressed, especially if nothing has changed

If you see the signs . . .



Even if your friend asks you not to tell anyone, you should get help. Their life might depend on it.

