

## Know the warning signs to help a friend

### **Don't be afraid to talk to your friends.**

Listen to their feelings. Make sure they know how important they are to you.

**Make no deals!** Never keep secret a friend's suicidal plans or thoughts. You can't promise that you will not tell—you have to tell to save your friend.

**Tell an Adult.** Talk to your parent, your friend's parent, a teacher, a counselor, your school nurse or school psychologist—and don't wait! Don't be afraid that the adults will not believe you or take you seriously. Keep talking until they listen.



Call for HELP – 24 hr. Suicide Hotline  
216.623.6888

Suicide & Crisis Lifeline  
988

Rape Crisis Center  
216.619.6192  
Hogar Consuelo Program  
216.619.6194 x 145

LGBT Community Center of Greater Cleveland  
216.651.5428

Runaway Hotline for Teens  
800. RUNAWAY (786.2929)

Human Trafficking Hotline  
888.373.7888

Domestic Violence Hotline  
216.391.4357

Crisis Text Line  
Text - 4hope to: 741741



CLEVELAND  
METROPOLITAN  
SCHOOL DISTRICT

1111 Superior Avenue E, Suite 1800, Cleveland, OH 44114  
216.838.0170 | [ClevelandMetroSchools.org/Humanware](http://ClevelandMetroSchools.org/Humanware)



# KNOW WHEN TO GET HELP

Rapid Response Desk  
216.838.2273



CLEVELAND  
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# KNOW WHEN TO GET HELP



You can take care of your emotional health just like you can take care of any other health problem. You can take action to help yourself or a friend by knowing when to get help and where to get it. You should get help when you or someone else is:

- **SPENDING MORE TIME ALONE**

Changing friends or spending more time away from family is ok, but avoiding others altogether can be cause for concern.

- **AVOIDING CERTAIN SITUATIONS**

Staying away from activities with friends, lots of people or specific places may be a sign that something is wrong.

- **INCREASING ALCOHOL OR DRUG USE**

Using drugs or drinking is harmful to your health, and can make a mental health challenge worse. Planning activities around using drugs or drinking, needing to use or drink before a party or other activity, or spending more time with others who drink or do drugs are all reasons to get help.

- **SLEEPING ALL THE TIME OR UNABLE TO SLEEP**

- **ANXIOUS OR AGITATED ALL THE TIME.**

Having sudden outbursts of anger or over-reacting to normal events may be a signal that help is needed.

- **STRUGGLING IN SCHOOL**

This may include a drop in grades, not being able to finish homework or assignments, no longer participating in activities once enjoyed, or skipping class regularly.

- **ACTING RECKLESSLY**

Engaging in risky activities such as drinking or using drugs, driving recklessly, and having unprotected sex is harmful and dangerous.

- **FEELING HOPELESS, HELPLESS OR TRAPPED**

- **NOT TAKING CARE OF YOURSELF**

Ignoring your nutrition, sleep, exercise, and/or hygiene can be signs of a bigger underlying concern.

- **THINKING OR TALKING ABOUT SUICIDE, DEATH OR DYING**

All thoughts of suicide must be taken seriously.

