

DON'T STOP THE CLOCK

Acknowledge:

Withdrawal, substance abuse, reckless behavior, dramatic changes in personality, and talk of suicide are all signs to look for.

Care:

Tell your friends and family members that you care.

Tell:

Talk to a trusted adult if you or anyone you know exhibits thoughts of suicide.

Hey, how've you been?
(:

Hey I'm okay

Are you sure? You've seem a little down lately. It's not like you to be that way.

Can I tell you something I've been contemplating suicide...

I care about you, so I'll be here for you and I know what to do, just hang on.



Text Message

Send



**Suicide Lifeline 800-273-8255 or Text "CARE" to 839863
Created by the students of VTCTA**