**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.

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**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.**

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