

If you have a friend who needs support,
here are four simple things you can say ...



1

I am so sorry this is happening to you, you are not alone.

2

What is the best way I can support you right now?

3

Are there any adults you trust enough to talk about this with? Can we tell them together?

4

I hate to see you in pain, but I am so glad you are talking about how you are feeling.

By saying these simple things,
you are providing valuable
support & encouragement.

For more support
resources, visit

nvcf.org/endthesilence

END THE SILENCE

Remember, people communicate sadness in different ways.

We might hear things or see things that can show us **warning signs** ...

here are a few things to look for.

- 1 Social media posts hinting at suicide or self-harm
- 2 Withdrawing from friends, not responding to texts
- 3 Lack of interest in things your friend used to enjoy
- 4 Hopelessness - saying things like "nothing will ever change," "it doesn't matter anyway" or "everyone would just be better off without me"
- 5 They start using or increase their use of drugs or alcohol
- 6 They talk about depression or anxiety symptoms
- 7 They aren't sleeping/eating
- 8 And sometimes you might not notice any of these signs...or they might just say they're fine...so never hesitate to ask how they are doing.



We all have the opportunity to do our part by building each other up, creating a culture of support and stopping the stigma about mental health and suicide.

START THE CONVERSATION

Every young person needs to realize how much they matter.

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