

Particularly during a time of crisis, it's important to remember to **ACT!**

The sudden change in home and school life due to COVID-19 can be frustrating and stressful, especially for students. A lack of regular routine, feeling isolated from friends, and missing out on activities you usually enjoy could be taking its toll. It's OK to feel overwhelmed sometimes but **it's important to keep taking care of yourself and looking out for your friends especially when times are tough.**

Acknowledge that you're seeing signs of suicide in yourself or a friend.

Signs your friend might need help include:

A



Major changes in behavior



Sounding really down or hopeless



Withdrawing from family and friends

Show your friend that you **C**are and practice self-care.

Ways to Care for yourself

Ways to Care for a friend



Exercise



Start a healthy hobby like journaling, reading, crafts, etc.



Keep a regular routine



Get enough sleep

C



Stay in touch, even if it's virtually

Remind them to practice self-care, like you are doing



Tell a trusted adult.

It may seem harder to find a trusted adult to talk to when you're out of school, but there are still people you can talk to. Make a list of trusted adults below. Remember to think about extended family members, friends' parents, teachers you may still be able to contact, or more.

T

_____	_____
_____	_____
_____	_____

Help is always available.

If you need someone to talk to, reach out to these resources.

Reach the **Crisis Text Line** by texting **ACT** to **741741**.

Contact the **National Suicide Prevention Lifeline** at **1-800-273-TALK (8255)**

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SOS SIGNS OF SUICIDE