

Suicide Prevention

Youth

Suicide is the second leading cause of death for young people between 10 to 24. Sometimes your struggle can be underestimated because of your age. But we hear you, and help is available.

How To Take Care Of Yourself

Ask for help: Don't be afraid to let your friends, family, or teachers know what you need when they ask, they want to help. You can also call the National Suicide Prevention Lifeline any time – calls are confidential.

Make a safety plan: A safety plan can help guide you through difficult moments and keep you safe. [Learn how to make your own.](#)

Remember that this feeling can be overcome: Suicide is a permanent solution to a temporary problem. Family conflict, relationships, grades, sexual identity, and the loss of important people can seem impossible to deal with. But with support from others, you can.

Evaluate the relationships in your life: Love and friendship are all about respect. Toxic or unhealthy relationships can negatively affect you. Whether you're dating or building new friendships, [remember your rights](#)[^]. If you're being bullied, [help is also available](#)[^].

How To Help

Take your loved one seriously: Some people feel that kids who say they are going to hurt or kill themselves are “just doing it for attention.” But if your child, friend, or family member confides thoughts of suicide, believe them and get help.

Listen with empathy and provide support: A fight or breakup might not seem like a big deal, but for a young person it can feel immense. Sympathize and listen. Minimizing what your child or friend is going through can increase his or her sense of hopelessness.

Learn the warning signs: Friends sometimes let friends know if they are thinking about suicide or dying. Other times, changes in behavior may show that someone is struggling.

Don't keep suicide a secret: If your friend is considering suicide, don't promise to keep it a secret. Tell him or her you can help, but you need to involve other people, like a trusted adult. Neither of you have to face this alone.

Self-Care During the Holidays

The holiday season can be a difficult and stressful time for many. That's why it's so important to stop and listen to your own needs, too. Here are some self-care ideas for December and beyond.
#SeasonOfSelfCare

- *Take a walk outside*
- *Write a love letter to yourself*
- *Write about something you are grateful for in your life (it can be a person, place, or thing)*
- *Create a happy playlist and a coping playlist*
- *Treat yourself to a favorite snack*

- *Watch your favorite movie*
- *Forgive someone*
- *Forgive yourself*
- *Say thank you to someone who has helped you recently*
- *Create a DIY self-care kit of things that make you feel better*
- *Take your medication on time*
- *Take a new fitness class at the gym (yoga, Zumba, etc.)*
- *Plan a lunch date with someone you haven't seen in a while*
- *Pamper yourself with an at-home spa day*
- *Take a day off from social media and the Internet*
- *Reach out to your support system*
- *Cuddle with your pets or a friend's pet*
- *Take the time to stop, stand and stretch for 2 minutes*
- *Wake up a little earlier and enjoy your a morning cup of tea or coffee before the morning rush*
- *Take a hot shower or bath*
- *Take yourself out to dinner*
- *Volunteer*
- *Start that one project you've been contemplating for a while*
- *Sit with your emotions, and allow yourself to feel and accept them. It's okay to laugh, cry, just feel whatever you're feeling with no apologies!*
- *Cook a favorite meal from scratch*
- *Take a 5-minute break in your day*

- *Compliment someone (and yourself, too!)*
- *Give yourself permission to say no*
- *De-clutter your mind: write down 5 things that are bothering you, and then literally throw them away*
- *Donate 3 pieces of clothing that you no longer wear*
- *Take the time to find 5 beautiful things during your daily routine*
- *Take a mental health day from school, work, etc.*
- *Take a nap*
- *Reach out to the Lifeline*

National Suicide Prevention Lifeline

We can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-273-8255

