

KNOW THE F.A.C.T.S.

Recognizing the Warning Signs of Suicide

Are you concerned that someone you know may be at risk for suicide? Your first step in helping may be as simple as learning FACTS or the warning signs of suicide. The following signs may mean that someone is at risk for suicide.



- F Feelings:**
Expressing hopelessness about the future.
- A Actions:**
Displaying severe/overwhelming pain or distress.
- C Changes:**
Showing worrisome behavioral cues or marked changes in behavior.
- T Threats:**
Talking about, writing about, or making plans for suicide.
- S Situations:**
Experiencing stressful situations such as loss, change, personal humiliation, trouble at home, in school, or with the law.

IF YOU OR ANYONE YOU KNOW ARE EXPERIENCING ANY OF THESE WARNING SIGNS, PLEASE REACH OUT TO:

- your school counselor
- an administrator
- a trusted adult

SUICIDE CAN BE PREVENTABLE!

**If you need help or have concerns, talk to your
School Suicide Prevention Liaison:**
