

# PREVENTING TEEN SUICIDE: TIPS FOR PEERS

Suicide rarely happens without warning. As a peer, you may be in the best position to recognize when a friend might need help and help them get it. You may see signs in person, hear about them secondhand, or see them online in social media. Never ignore these signs.

## RISK FACTORS

- Hopelessness
- Nonsuicidal self-injury (e.g., cutting)
- Mental illness and substance abuse
- History of suicidal thinking and behavior
- Prior suicide among peers or family
- Interpersonal conflict, family stress/dysfunction
- Presence of a firearm in the home

## WARNING SIGNS

- Suicidal threats in the form of direct (e.g., “I want to die”) and indirect (e.g., “The world would be better without me”) statements
- Suicide notes, plans, online postings
- Preoccupation with death
- Giving away prized possessions
- Changes in behavior, sleeping, eating, thoughts, or feelings
- Increased risk taking
- Heavy drinking or drug use

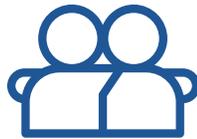


NATIONAL ASSOCIATION OF  
School Psychologists

For additional guidance, visit  
[www.nasponline.org/safety-and-crisis](http://www.nasponline.org/safety-and-crisis).

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If you or someone you know is suicidal, get help immediately via 911, the National Suicide Prevention Lifeline at 1-800-273-TALK, or the Crisis Text Line (text “HOME” to 741741). To speak with someone in Spanish call: 1-888-628-9454



Everyone's life matters.  
Help is available.



People do care.  
Treatment works.



Don't keep silent.  
**Tell a trusted adult.**

## WHAT TO DO

- Recognize the warning signs in yourself, your friends, and on social media.
- Get help. You can't do it alone.
- Tell an adult. Talk to your parent, friend's parent, school psychologist, or any trusted adult.
- Make no deals. Never keep a friend's suicidal plans or thoughts secret.
- Avoid drugs and alcohol.
- Consider downloading helping apps like Virtual Hope Box, MY3, or A Friends Asks.
- Ask if your school has a crisis team.

## REMINDERS FOR FRIENDS

- Connect. Listen, be accepting, don't judge.
- Confirm. Ask if your friend has thoughts of dying or suicide.
- Protect. Take any threats seriously. Do not agree to keep a secret!
- Stay. Do not leave a person alone if you are concerned about them being at imminent risk.
- Act. Call for help immediately.