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Call for HELP

24 hr. Suicide Hotline – 216.623.6888

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Rape Crisis Center – 216.619.6192

Hogar Consuelo Program

216-619-6194 x 145

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LGBT Community Center of Greater Cleveland – 216.651.5428

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Runaway Hotline for Teens

1.800. RUNAWAY (786.2929)

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Human Trafficking Hotline – 1.888.373.7888

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Domestic Violence Hotline

216.391.4357

# Know

# the Warning Signs

# to help a friend

**Don’t be afraid to talk to your friends**. Listen to their feelings. Make sure they know how important they are to you.

**Make no deals**! Never keep secret a friend’s suicidal plans or thoughts. You can’t promise that you will not tell – you have to tell to save your friend.

**Tell an Adult** – talk to your parent, your friend’s parent, a teacher, a counselor, your school nurse or school psychologist– and don’t wait! Don’t be afraid that the adults will not believe you or take you seriously- keep talking until they listen

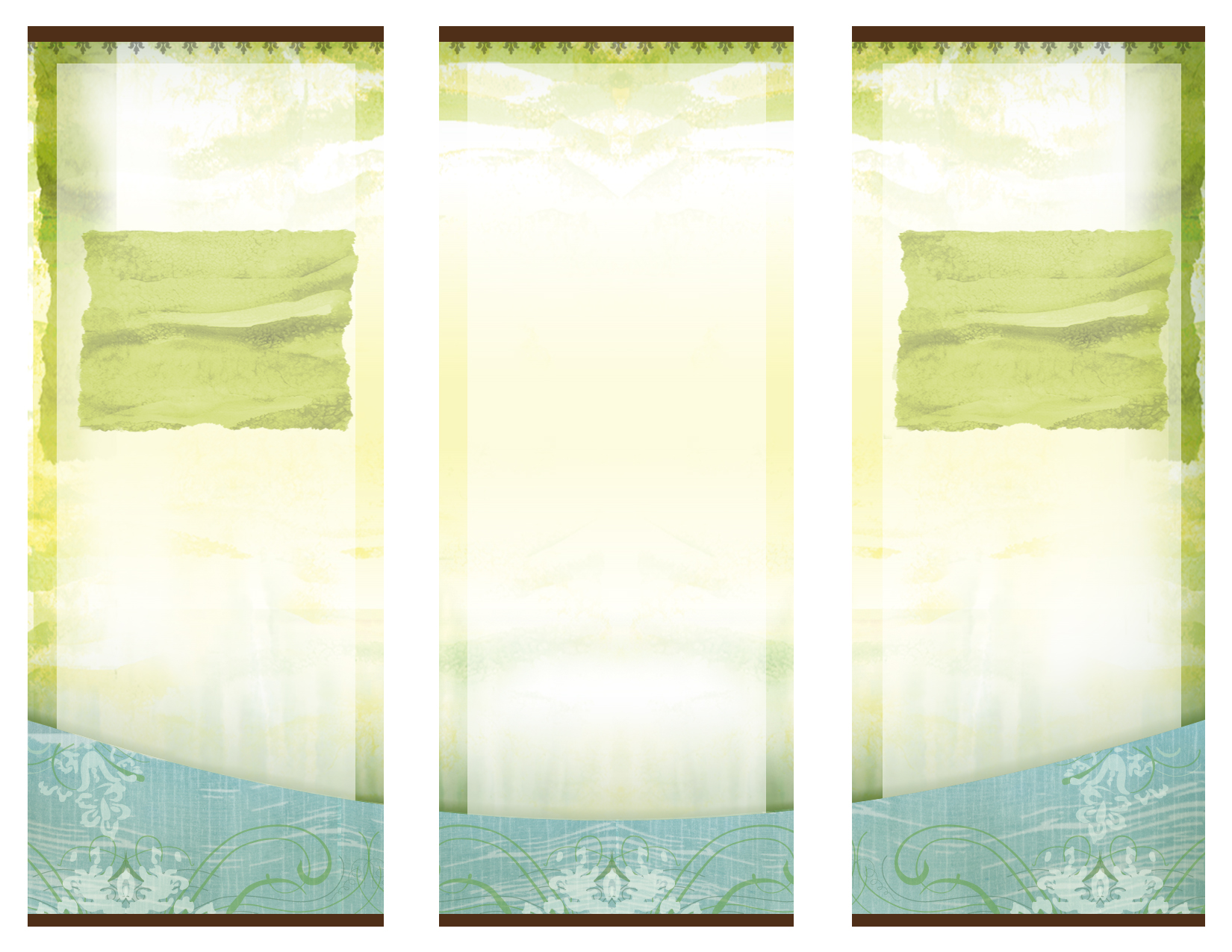
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KNOW WHEN

TO GET HELP

Rapid Response Desk

838-2273

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**You can take care of your emotional health just like you can take care of any other health problem. You can take action to help yourself or a friend by knowing when to get help and where to get it. You should get help when you or someone else is:**

**SPENDING MORE TIME ALONE**. **Changing friends or spending more time away from family is ok, but avoiding others altogether can be cause for concern.**

**AVOIDING CERTAIN SITUATIONS**. **Staying away from activities with food, lots of people or specific places may be a sign that something is wrong.**

**INCREASING ALCOHOL OR DRUG** USE. **Using drugs or drinking is harmful to your health, and can make a mental health challenge worse. Planning activities around using drugs or drinking, needing to use or drink before a party or other activity, or spending more time with others who drink or do drugs are all reasons to get help.**

**SLEEPING ALL THE TIME OR UNABLE TO SLEEP.**

**ANXIOUS OR AGITATED ALL THE TIME**. **Having sudden outbursts of anger or overreacting to normal events may be a signal that help is needed.**

**STRUGGLING IN SCHOOL**. **This may include a drop in grades, not being able to finish homework or assignments, no longer participating in activities once enjoyed, or skipping class regularly.**

**ACTING RECKLESSLY**. **Engaging in risky activities such as drinking or using drugs, driving recklessly, and having unprotected sex is harmful and dangerous**.

**FEELING HOPELESS, HELPLESS OR TRAPPED.**

**NOT TAKING CARE OF YOURSELF**. **Ignoring your nutrition, sleep, exercise, and/or hygiene can be signs of a bigger underlying concern.**

**THINKING OR TALKING ABOUT SUICIDE, DEATH OR DYING. All thoughts of suicide must be taken seriously**.



SUBHEAD. SUBHEAD.



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#### KNOW

#### WHEN TO GET HELP.