## **SOS for Students Infographic**

## Acknowledge that you're seeing signs of suicide in yourself or a friend. Signs your friend might need help include:









## Show your friend that you Care and practice self-care.

Ways to Care for yourself





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



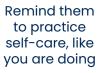


Get enough sleep

Ways to Care for a friend



Stay in touch, visit or call a friend







**Nutrition** 

## ell a trusted adult.

It's important to find a trusted adult to talk to. To help, make a list of trusted adults below - remembering to think about extended family members, friends' parents, adults at school, or more.

Help is always available. If you are concerned about yourself or a friend - reach out. Call or text the Suicide & Crisis Lifeline at 988 or text the Crisis Text Line at 741741 for free 24/7 support.

