National Suicide Prevention Lifeline

Open 24 hours everyday

Call 1-800-273-8255

This is free, confidential support for people in distress.

You don’t have to go through this alone.

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.

Don’t worry about wasting someone’s time. We are here for you. If in doubt, call.

Don’t take your life.

**If you are worried about a friend,**

**know the Risk Factors.**

Risk factors are characteristics that make it more likely that someone will consider, attempt, or die by suicide. They can't cause or predict a suicide attempt, but they're important to be aware of.

* Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
* Alcohol and other substance use disorders
* Hopelessness
* Impulsive and/or aggressive tendencies
* History of trauma or abuse
* Major physical illnesses
* Previous suicide attempt(s)
* Family history of suicide
* Job or financial loss
* Loss of relationship(s)
* Easy access to lethal means
* Local clusters of suicide
* Lack of social support and sense of isolation
* Stigma associated with asking for help
* Lack of healthcare, especially mental health and substance abuse treatment
* Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
* Exposure to others who have died by suicide (in real life or via the media and Internet)

For more information go to http://suicidepreventionlifeline.org/how-we-can-all-prevent-suicide/