

For confidential
text message support:

Text the keyword
“**Safe**”
to 20121

Hours:

4pm - 11pm, 7 days a week

At this time text services are only in
English. Text message rates apply.

The Teens for Life Program is supported by
Alameda County Behavioral Health Care Services
through the Mental Health Services Act.



For 24-Hour support, call one of our
free and confidential Crisis Lines:

1-800-309-2131

Crisis Support Services of Alameda County

1-800-273-TALK (8255)

National Suicide Prevention Lifeline

Interpretation Services Available

Servicio de intérprete disponible

提供口译服务

提供口譯服務

خدمات ترجمه شفاهی در دسترس است

Có dịch vụ thông dịch sẵn sàng phục vụ
quý vị

Teens
FOR
Life



CRISIS SUPPORT SERVICES
of Alameda County

FOR PREVIEW ONLY

Warning Signs of Depression

- Feeling sad or empty
- Feeling angry, irritable, short-tempered
- Lack of interest in usual activities or hobbies
- Sudden weight loss or gain
- Suddenly sleeping a lot or very little
- Restless
- Loss of energy
- Feelings of worthlessness
- Feelings of hopelessness
- Unable to think or concentrate
- Decrease in physical hygiene and self care
- Withdrawing from friends

Get help now for a friend if you see any one
or a group of the above warning signs for a
period of two weeks or more.

Warning Signs of Suicide

Call 9-1-1 or seek immediate help from a mental
health provider, or any other trusted adult if you
see any of the following in a friend:

- Threatening or talking about wanting to kill
or hurt themselves
- Looking for ways to kill themselves
- Talking or writing about death or suicide

Seek help by contacting a mental health
provider, a crisis line, or trusted adult if you see
any of the following in a friend:

- Hopeless
- Rage, uncontrolled anger
- Acting reckless
- Feeling like there is no way out
- Increased drug or alcohol use
- Withdrawing from friends, family
and/or society
- Anxiety or inability to sleep
- Dramatic mood changes
- No sense of purpose in life
- Giving away favorite possessions

How To Help a Friend

If you see these signs of depression and suicide in
a friend, it may be your friend's way of calling out
for help. Show your care by doing the following:

ASK DIRECTLY

Ask directly and openly if your friend is thinking
about suicide. You're sending your friend the
message that they don't have to hide their
suicidal feelings from you.

LISTEN

Encourage your friend to talk about what has been
bothering them, and listen without judgment.

GET HELP

Often, the most important thing you can do may
be to help your friend find help. Ask your friend
who they would like to go to and accompany them.
Find a responsible adult such as a parent, teacher,
counselor, pastor, or any other trusted adult in
their life.

PRESERVE LIFE, OVER FRIENDSHIP

Never promise to keep anything a secret. Ask a
trusted adult for help. Don't worry about your
friend being mad. It is better to have your friend
mad, than gone forever. The fact that your friend
is willing to talk to you means they want you to
get help for them.