

Know the Signs: Help for Homeless Youth Feeling Hopeless or Suicidal

If you or a friend are struggling, you're not alone. Help is available.

■ Warning Signs in Yourself or a Friend

- Feeling hopeless or like you have no reason to live
- Talking or joking about death or suicide
- Withdrawing from friends or activities
- Big changes in mood, sleep, or appetite
- Using alcohol or drugs to cope
- Not knowing where you'll sleep or feeling unsafe at home

■ What You Can Do Right Away

- Talk to a trusted adult – teacher, counselor, coach, or family friend
- Tell a friend how you're feeling
- Call or text a crisis line for immediate help
- Stay with a friend if you feel unsafe or alone
- Avoid drugs or alcohol – they can make things worse

■ Crisis Help – Available 24/7

- 988 Suicide and Crisis Lifeline – Call or Text 988
- Trevor Project (LGBTQ+ Youth) – Text START to 678678 or Call 1-866-488-7386
- Crisis Text Line – Text HOME to 741741

■ Remember

It's okay to ask for help. Talking about how you feel does not make you weak—it makes you strong. You matter, and there are people who care and want to help you stay safe.