

SYMPTOMS MAY INCLUDE:

- · Eating or sleeping too much or too little
- Anger, feeling edgy or lashing out at others
- Overwhelming sadness
- Pulling away from people and things
- Not connecting with others
- · Lack of energy or always feeling tired
- Feeling like you have to keep busy
- Having unexplained aches and pains, such as constant stomach-aches or headaches
- Feeling helpless or hopeless
- Excessive smoking, drinking, or using drugs, including prescription medications
- Worrying a lot of the time; feeling guilty but not sure why
- Thinking of hurting or killing yourself or someone else
- · Having difficulty re-adjusting to home or work life

RISK FACTORS

Past Suicide Attempt
Stressful life event Mental Health Illness

A sense of failure Feelings of isolation Bullying

Lack of Support System







Suicide/ Crisis Line 988

CA Youth Crisis Line 800-843-5200

Your Life, Your Voice 800-448-3000

Centralized Assessment Team 714-517-6353

