

SOS for School Staff Infographic

Acknowledge that you're seeing signs of suicide in a student.

Signs someone might need help include:

A



Major
changes in
behavior



Sounding
really down
or hopeless



Lost
connection
to school

Show a student that you Care.

You can show you care by being a good listener and asking questions.

Tell me
more
about it.

C

I'm here for you.

It's OK to feel
this way.

There is
help
available.

Tell a school administrator.



If you're having concerns about a student or if a student comes to you with concerns about themselves or a friend, **it's important that you report it to the right people.** Consider reaching out to school-based mental health staff, administrators, and/or local authorities.

You can check with your supervisor for who the right contact in your school would be.

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



MindWise
SOS SIGNS OF SUICIDE