

Teen Life

In an Emergency Call:

VIA LINK Cope Line

1.800.749.2673

or

211

**National Suicide
Prevention Lifeline**

1-800-273-8255

For Counseling Call:
Jewish Family Service

504.831.8475

COUNTS

It's time to ACT:

Acknowledge

- Acknowledge that your friend has a problem.
- Take the suicidal person seriously.

Care

- Let your friend know you're there for them.
- Listen Carefully.

Tell

- Tell a trusted adult your concerns. It could make all the difference.
- Don't try to handle it alone.
- Break a secret to save a life.

ACT when you see any of the following:

- Loss of interest in school and regular activities.
- Withdrawal from friends and family.
- Talking about death or making threats of suicide.

Be especially concerned if your friends use drugs or alcohol

