

Teen Life

In an Emergency Call:

VIA LINK Cope Line

1.800.749.2673

211

Covenant House

1.800.999.9999

504.584.1111

For Counseling Call:

Jewish Family Service

504.831.8475

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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 about 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

Jewish Family Service • A United Way Agency