• Depression
• Abrupt changes in behavior
• Mood swings
• Crying spells
• Recent grief or losses
• Changes in school performance
• Giving away treasured belongings
• Suicidal threats
• Hopelessness

Talk with an adult (teacher, parent, clergy, etc.) or call your local crisis center to get help.

L.I.F.E.
Listen
Insist on honesty
Feelings...share them
Extend a helping hand

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