The sudden change in home and school life due to COVID-19 can be frustrating and stressful, especially for students. A lack of regular routine, feeling isolated from friends, and missing out on activities they usually enjoy could be taking its toll. It’s OK for teens to feel overwhelmed sometimes but it’s important to ACT if you see a student showing concerning signs.

**A**cknowledge that you’re seeing signs of suicide in a student.

Signs someone might need help include:

- Major changes in behavior
- Sounding really down or hopeless
- Withdrawing from family and friends
- Major changes in behavior
- Withdrawing from family and friends

**C**hange your behavior to care.

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

- I’m here for you.
- It’s OK to feel this way.
- There is help available.

**T**ell 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.

Help is always available.

You can also share these resources with students.

- Reach the Crisis Text Line by texting ACT to 741741.
- Contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255)

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