Particularly during a time of crisis, it’s important to remember to **ACT!**

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 you usually enjoy could be taking its toll. It’s OK to feel overwhelmed sometimes but it’s important to keep taking care of yourself and looking out for your friends especially when times are tough.

**A**cknowledge that you’re seeing signs of suicide in yourself or a friend.

Signs your friend might need help include:

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

**C**are and practice self-care.

**Ways to Care for yourself:**
- Exercise
- Nutrition
- Start a healthy hobby like journaling, reading, crafts, etc.
- Keep a regular routine
- Get enough sleep

**Ways to Care for a friend:**
- Stay in touch, even if it’s virtually
- Remind them to practice self-care, like you are doing

**T**ell a trusted adult.

It may seem harder to find a trusted adult to talk to when you’re out of school, but there are still people you can talk to. Make a list of trusted adults below. Remember to think about extended family members, friends’ parents, teachers you may still be able to contact, or more.

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Help is always available.

If you need someone to talk to, reach out to these resources.

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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