

*Create. Compete.*

# Direct Change

*to Help a Friend.*

Know the Signs of Suicide. Find the Words. Reach Out.



[www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)

# Youth Suicide Warning Signs

*Talk to a trusted adult or reach out to someone you are concerned about if you observe one or more of these warning signs, especially if the behavior is new, has increased or seems related to a painful event, loss or change:*

1. Talking about or making plans for suicide
2. Expressing hopelessness about the future
3. Displaying severe/overwhelming emotional pain or distress
4. Showing worrisome behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above.

Specifically, this includes significant:

- Withdrawal from or changing in social connections/situations
- Changes in sleep (increased or decreased)
- Anger or hostility that seems out of character or out of context
- Recent increased agitation or irritability

*If you are concerned about someone, reach out and ask: "Are you thinking about suicide?"*

Whatever you're going through, you're not alone. If you're in pain or concerned for someone else, call the National Suicide Prevention Lifeline **800.273.8255 (TALK)** or text **HOPE** to **741-741**. You can also visit [suicideispreventable.org](http://suicideispreventable.org) for more information.

**The Directing Change Program & Film Contest** is an evidence-based youth suicide prevention and mental health promotion program. Young people create short films about critical health topics that are then shared to change conversations in schools and communities.

**For Youth ages 14-25**  
or in **grades 6-12:** Win cash, get recognized and use your creativity to make a difference.

**For Schools and Organizations:** Trainings to support AB 2246, parent workshops, lesson plans, and educational resources.

**For Everyone:** View and download hundreds of free films and public service announcements.



**Directing Change**

Program & Film Contest

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Funded by counties through the Mental Health Services Act (Prop 63).