

# YOU'RE NOT ALONE: A QUICK GUIDE FOR TEENS

## How to spot when something's off and what to do about it

Everyone goes through hard times. But sometimes, those hard times can feel like too much. If you've felt stuck, sad, angry, alone or just off for a while, you're not weak or broken.

### **You're human. And there is help.**

Whether you're worried about yourself or someone you care about, knowing what to look for and what to do can save a life.

## What You Can Do

- **Write it out, breathe it out, say it out loud - you don't have to carry this alone.**
- **Talk to someone you trust**



## Signs You (or a Friend) Might Be Struggling

- Saying things like "I don't want to be here" or "What's the point?"
- Pulling away from people or things you used to enjoy
- Acting out, taking risks or shutting down completely
- Feeling like a burden, or like no one would notice if you were gone
- Talking about death, giving stuff away, or saying goodbye
- **Heads up:** Some people don't show obvious signs. Trust your gut. If something feels off, it probably is.