ND THRIVES
Rural & Tribal Youth Suicide Prevention

When things feel like too much

Coming back to school after a break can feel different for everyone. Maybe you're glad to be back. Maybe things have been hard. Whatever is going on, you deserve someone who will listen.

If you have been hurting yourself

Sometimes feelings get so big that it's hard to know what to do with them. Some people hurt themselves to try to get through those feelings. If that's happening to you, you deserve care and support. You can feel better with help.

You don't need the perfect words. You could say or text a trusted adult:

- "I haven't been doing okay. Can we talk somewhere private?"
- "I've been hurting myself, and I need help."
- "It's hard to say out loud. Can I show you what I wrote?"

For the next few minutes

- Go where a trusted person can be with you. Move away from anything you might use to hurt yourself. Try one small thing: take a few slow breaths, draw, listen to calming music, or notice five things you can see. If you feel like you might hurt yourself now, tell an adult right away.
- These steps may help you get through the moment. A counselor or health professional can help you find support that lasts.

Worried about a friend

- Try: "I care about you. Let's find someone we can talk to." Listen without judging. Don't ask to see injuries or share pictures or details with other students.
- If a friend is hurting themselves, tell a trusted adult—even if they ask you to keep it secret. You can be a good friend without carrying this alone.

Who could you talk to

- A school counselor, nurse, teacher, coach, parent, caregiver, or another adult you trust. If the first person doesn't listen or help, try someone else. You can ask someone to go with you.
- An adult may need to involve other people to help keep you safe. You can ask, "Who needs to know?" and "What happens next?" Tell them who helps you feel understood.

If you need help right now

If you have a serious injury, have taken an overdose, or are in immediate danger, call 911 or go to an emergency department. For emotional distress or suicidal crisis, call or text 988.

- Someone at school I can go to _____
- Where to find them _____
- **More support** YoungMinds teen guide ReachOut friend guide

These guides are from the UK and Australia. For help here, use your school contacts or the U.S. numbers above.