



Resources

988 Suicide & Crisis Lifeline

Call or text 988 to speak with a trained counselor who will listen without judgment and provide support 24/7. For chat, go to 988lifeline.org/chat/

Teen Line

Speak with a trained teen listener who understands what it's like to be a teen.

Call 1-800-852-8336 (6 PM-10 PM PT)

Text TEEN to 839863 (6 PM-9 PM PT)

NeveraBother.org

Launched in 2024 by the California Department of Public Health's Office of Suicide Prevention. The goal of Never a Bother is to prevent suicide among teens and young adults in California, while encouraging friends and caregivers to recognize the power they have to support someone before, during, and after a crisis.

Instagram: @NeveraBother

TikTok: @NeveraBother

Facebook: www.facebook.com/NeveraBotherCampaign

Los Angeles County Department of Public Health's Office of Violence Prevention Toolkit: ConversationsCanHelpLACounty.org

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Suicide Warning Signs

(be especially concerned if behavior is new, increased, or seems related to a painful event).

- Talking or texting about suicide or making specific plans.
- Expressing feelings of hopelessness about their future.
- Showing intense emotional pain or distress.
- Giving away things they care about (e.g. jewelry, clothing, tech).
- Displaying concerning changes in behavior, mood, or habits.
- Speaking about being a burden to others or having no purpose.



How do I talk to a child in my care about suicide?

Discovering your child or a youth in your care might be considering suicide is overwhelming. Take a deep breath - you don't need perfect words, just a willingness to be present.

- Ask directly: "Are you thinking about suicide?" This question won't put ideas in their head; many youth actually feel relief when someone brings it up.
- Listen to understand, not to fix. Young people value authentic support over rehearsed responses.
- Reassure them they're not a burden. Many youth hesitate to share because they worry about troubling others.

Remember: Building trust matters more than saying the "right thing."

Learn more icebreakers and responses at NeveraBother.org