

Signs You Have Learned to Notice

Name the early signs that things are getting harder, so you can act sooner.

WHEN TO USE THIS

Use this on a calmer day. Share it with someone who is around you a lot.

What you notice early, and what it tends to look like a few days later.

EARLY ON

A FEW DAYS LATER

988 is the Suicide and Crisis Lifeline. Call or text it now if you are not safe. You do not have to get through this on your own.

Who notices before you do? What do they see?

Noticing early does not fix anything on its own. It buys you some time.