

Take Action for Athlete Suicide Prevention

While all students have a lot on their plate, student athletes face additional stress from time dedicated to practice, games, and the pressure to perform and excel. Several recent student athlete deaths by suicide have raised local and national attention. By recognizing the signs of suicidal thoughts and knowing where to turn for help, you have the power to help someone find their reasons for living. **Even if that someone is you.**



Take Action

FOR MENTAL HEALTH

How you and your team can make a difference

If you, or someone you know, are experiencing or talking about:

- Wanting to stop living
- Feelings of guilt, shame, or being a burden to others
- Having a sense of emptiness, hopelessness, or being trapped
- Periods of extreme sadness, anxiety, agitation, or rage
- Unbearable emotional or physical pain

Call or text 988, or chat at [988Lifeline.org](https://www.988lifeline.org) to connect to help 24/7

Other warning signs can include:

- Having a plan for self-harm
- Giving away important possessions
- Withdrawing from friends and family
- Sudden extreme mood changes
- Increased risk-taking, including abuse of alcohol or other drugs

Visit [TakeAction4MH.com](https://www.TakeAction4MH.com) to find other ways to check in, learn more, and get support for your mental health and the mental health of people you care about.

Keep this flyer, or share it with someone in need.



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