

Some Warning Signs During Virtual Learning



SIGNS OF HELPLESSNESS

- "It will all be over soon"
- "Why bother?"
- "What's the point"
- "I can't do it"
- "I can't change anything"
- "Nothing ever goes my way"
- "I can never catch a break"
- "Bad things always happen to me"

SIGNS OF HOPELESSNESS

- "I will never get it right"
- "There's no point in anything anymore"
- "Nothing is ever going to change"
- "Nothing is going to make me better"
- "What's the point of living"
- "Can this be over now?"



BURDENSOME IDEALS

- "It would be better if I just wasn't here anymore"
- "Everyone would be better off without me"
- "I'm the problem"
- "Don't worry, I won't be a problem much longer"



Resources:

National Suicide Prevention Lifeline

1-800-273-8255

Crisis Text Line

Text HOME to 741741

Website

www.suicideispreventable.org



THERE ARE A NUMBER OF SIGNS INDICATING CONCERN, HERE ARE 3 TO WATCH FOR:

HELPLESSNESS

A FEELING LIKE NO MATTER HOW HARD YOU TRY, YOU CAN'T CHANGE THE STRESSFUL SITUATIONS AROUND YOU



Examples:

- "I can never do anything right"
- "It will never change"
- "Pretty soon my troubles will be over"
- "No one cares"
- Feeling powerless

HOPELESSNESS

A FEELING THAT CONDITIONS WILL NEVER IMPROVE, THAT THERE IS NO SOLUTION TO A PROBLEM.



Examples:

- "I can't see any way out"
- "Things will never get better"
- "I will never get over what happened"
- "I'm worthless"
- Sudden change in personal hygiene

A BURDEN

A FEELING AS THOUGH YOUR EXISTENCE IS CAUSING ISSUES FOR OTHERS.



Examples:

- "I just cause trouble"
- "It's all too much work"
- "I don't want to cause more struggles"
- Sudden change in interactions with others or withdrawing
- Giving treasured items away

**For immediate help please contact call
1-800-273-8255 or text HOME to 741741.**

Additional resources at:

www.suicideispreventable.org & suicidepreventionlifeline.org