



screen time
action network
at fairplay

SUICIDE PREVENTION



Spending time online can sometimes mean seeing content about self-harm or suicide, and this kind of content can be harder to shake off if you or a friend are already struggling with sadness. Knowing the signs—in yourself or someone else—and knowing what to do can genuinely save a life, including your own.



SIGNS TO WATCH FOR

ACTING DIFFERENTLY ONLINE, like posting a lot less than usual, posting repeated messages about being upset, or getting into more arguments than normal.

PULLING AWAY from friends, family, or activities you used to enjoy.

SAYING THINGS like “I can’t take it anymore,” “I’m a burden to everyone,” or “Nothing will help now.”

BIG CHANGES in sleep, appetite, or how much someone cares about their appearance.

FEELING HOPELESS, worthless, or like a burden, or noticing a friend seems to feel that way.



WHAT YOU CAN DO...

Talk to a trusted adult: If this is you, talk to a parent, caregiver, teacher, school counselor, or coach. You don’t have to explain everything at once, just start with “I’m not okay.”

Reach out to a crisis line if talking to someone you know feels too hard: Call or text 988, or text HOME to 741741. Both are free, confidential, and available right now.

Say something if this is a friend: Asking “are you okay?” or “I’ve noticed you seem really down lately” doesn’t make things worse. Staying silent is what makes someone feel more alone.

Listen without judging, arguing, or trying to fix it right away: Sometimes people just need to know someone’s paying attention.

Online Harms
Prevention Work Group
fairplayforkids.org





IF IT'S ALREADY HAPPENING

Call 911 or go to the nearest emergency room if you or someone you're with is in immediate danger. Don't wait.

Don't leave the person alone if you're worried they're in danger right now.

Call or text 988. They can help you figure out the next step, whether it's you or a friend who's struggling.

Tell a trusted adult, even if a friend asks you to keep it a secret. This isn't betraying them, it's protecting them.



REMEMBER

You don't have to have the right words, and you don't have to fix everything. Just showing you care and getting a trusted adult involved is often the most important thing you can do—for a friend or for yourself.



988 Suicide & Crisis Lifeline Call or text 988 for immediate mental health or substance use crisis support (free, confidential, 24/7)

Crisis Text Line Text HOME or HOLA to 741741

The Trevor Project Call 1-866-488-7386 or text START to 678-678 (for LGBTQ+ young people)

YouthLine Call 1-877-968-8491 or text "teen2teen" to 839863 (free, confidential peer-to-peer support from trained teen volunteers)

CONTROLLING WHAT YOU SEE ONLINE

<https://www.samaritans.org/about-samaritans/research-policy/internet-suicide/online-safety-resources/controlling-what-you-see-online/>

IF YOU SEE WORRYING CONTENT ONLINE

<https://www.samaritans.org/about-samaritans/research-policy/internet-suicide/online-safety-resources/if-you-see-worrying-content-online/>

SUPPORTING SOMEONE WHO MIGHT BE AT RISK

<https://www.samaritans.org/about-samaritans/research-policy/internet-suicide/online-safety-resources/supporting-someone-online-who-might-be-risk-self-harm-or-suicide/>



Online Harms
Prevention Work Group
fairplayforkids.org

