



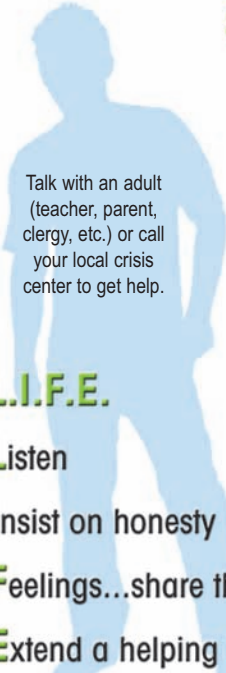
The Community Assistance Resource Line
1.877.778.CARL (2275)

A PROMISE FOR TOMORROW

I promise to be here for my friends. I will watch for any behavior that concerns me and I will TALK, LISTEN and RESPOND using the LIFE model. *I won't be silent.*

Signature _____

Signs of Concern



Talk with an adult
(teacher, parent,
clergy, etc.) or call
your local crisis
center to get help.

- Depression
- Abrupt changes in behavior
- Mood swings
- Crying spells
- Recent grief or losses
- Changes in school performance
- Giving away treasured belongings
- Suicidal threats
- Hopelessness

L.I.F.E.

Listen

Insist on honesty

Feelings...share them

Extend a helping hand

