



**if** The **Jason Foundation**  
[www.jasonfoundation.com](http://www.jasonfoundation.com)

*Keeping More Than Dreams Alive, One Young Person at a Time.*

# Signs of Concern:

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



For the Awareness,  
Education & Prevention of  
Youth Suicide.

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