Ask Yourself These Questions

1. Has your child lost interest in school, sports, hobbies, or spending time with friends?
2. Have you noticed dramatic mood changes?
3. Does your child seem unusually tired or exhausted? Sleeping too much or not enough?
4. Have you noticed unusual neglect of their personal appearance?
5. Does your child seem to feel sad, worthless, or hopeless?
6. Does your child frequently complain about headaches, stomachaches, or fatigue?
7. Have you noticed a change in appetite? Weight loss or gain?
8. Is your child angry, agitated, or irritable in a way that seems out of character or context?
9. Have you noticed any indications that your child is engaging in reckless or risky behaviour?
10. Has your child / young adult increased their use of drugs or alcohol?
11. Has your child been giving away belongings that have value to them?

REACH OUT! CALL 800-COPE

Suicide Prevention is EVERYBODY'S Business

Take action for your child in a crisis:

Call 800-COPE (2673) immediately or go to the nearest emergency room if your child is making suicidal threats or actions.

Call the Suicide Prevention Hotline

Available 24 hours a day, 7 days a week

Free and confidential 800- COPE (2673)

Government of the Republic of Trinidad and Tobago
Ministry of Social Development and Family Services

SUICIDE PREVENTION HOTLINE

800-COPE (2673) REACH OUT!

Know the Signs!!!!

Pain Isn't Always Obvious

Phases of irritability, volatile displays of anger and tears, rebelling against rules, and even experimenting with drugs and alcohol can be part of the youth experience, but it is important to stay vigilant for warning signs that your child is more than moody.

REACH OUT!
800-COPE
(800-2673

HELPING
EMPOWERING
TRANSFORMING
LIVES

VALUES
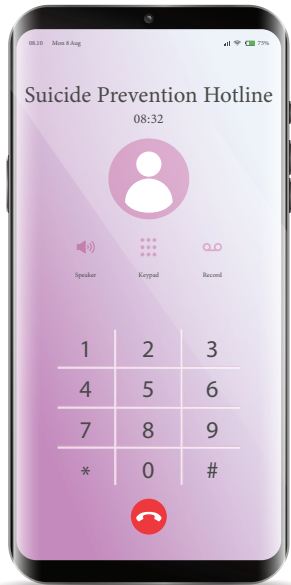ATTITUDES & BEHAVIOURs

See the Change. Be the Change.

REACH OUT!
800-COPE
(800-2673)

If you, or someone you know, is in a crisis or emotional distress, call
800-COPE

WE are here for YOU!!!

TOLL FREE

DAY OR NIGHT- REACH OUT!

With US **(800-COPE)**, it does not cost a cent to vent!!!

REACH OUT-!!!!!

We are here to

HELP!