

Mental Health, Self-Harm, and Your Teen

Youth Self-Harm and Suicide

Self-poisoning in teenagers is increasing in Maine. You have an important role to play in protecting and supporting your teen and their mental health.

You may not feel prepared to recognize the warning signs for self-harm and suicide, or to know how to offer your teen the support they need, whether they are having a rough day or struggling with their mental health. Fortunately, there are many resources to help you be there for them.

- Find mental health services in your area through the NH Community Behavioral Health Association: nhcbha.org
- NAMI NH offers support services for people affected by mental illness, as well as training, resources and an information line: naminh.org

How to Help

- **Ask** directly if they are thinking about hurting or killing themselves. Listen without judgement.
- **Keep them safe** by limiting their access to lethal means, such as medications, poisons, or firearms.
- **Be there** and be present for them. Let them know that you love and care about them.
- **Connect to support** for yourself and for them. You can use the resources listed on this document.
- **Follow up** with them regularly to see how they are doing

Learn more about these steps and how to #BeThe1To at bethe1to.com.



Warning Signs

- When they talk, listen:
 - Feeling hopeless
 - Feeling trapped
 - Feeling like a burden
 - Not having a reason to live
- Watch for changes in behavior:
 - Withdrawing from people
 - Withdrawing from activities
 - Sleeping a lot more or a lot less
 - Acting aggressively
- Recognize changes in mood:
 - Depressed
 - Anxious
 - Irritable
 - Humiliated
 - Ashamed
 - Agitated

Crisis Resources

- National Suicide Prevention Lifeline: 988 or 1-800-273-8255
- Crisis Text Line: Text “HOME” to 741741
- SAMHSA’s National Helpline: 1-800-662-4357
- Northern New England Poison Center: 1-800-222-1222 or text “POISON” to 85511

For LGBTQ+ Youth

- The Trevor Project: 1-866-488-7386, text “START” to 678678, or chat online at TheTrevorProject.org
- Trans Lifeline: 1-877-565-8860
- LGBT National Help Center: 1-888-843-4564

