



Middle School

NOTICE.

Look for changes in how you and your friends act and if you **NOTICE** something that seems different or doesn't appear right. Here are some warning signs to look out for:

- Spending more time alone
- Changes in mood like getting angry, annoyed easily, or worried more
- Talking about feeling sad or alone
- Using drugs or alcohol
- Negative online posts



TALK.

If you see a change in yourself or someone else, it's important to **TALK** about it. Here are some helpful tips:

- Choose a private place where it is quiet and free from distractions
- Be a good listener and respect their feelings.

When you're not sure what to say because you've not been feeling like yourself:

- "Sorry I haven't been around lately, do you have time to talk?"

When you don't know what to say to a friend:

- "Hey, we haven't talked in a while. What's up?"



ACT.

Everyone needs support sometimes, which is why it's important to **ACT** and seek help when needed

If you think you or a friend may hurt themselves or others:

- Talk to trusted adult immediately.

If you're not sure where to start:

- **Call or text** the National Suicide Prevention Lifeline at **988**, which is free and available 24/7.



References

- apaf.org/our-programs/schools/notice-talk-act-at-school/
- seizetheawkward.org/
- nami.org/kids-teens-and-young-adults/teens/how-to-talk-to-my-friends

To view the full digital
resource visit **apaf.org/
schools** free resources page

