



BE
PRESENT
OHIO

Small things are a big deal.

Young people are dealing with a lot. Even when they don't show it on the outside, they feel it on the inside. Unfortunately, keeping things inside can lead to tough times, a broken spirit, or even thoughts of suicide. Knowing when and how to ask for help is crucial to protecting and maintaining your mental health.

SUPPORT

Sometimes you might feel sad or lonely, but there are people who care. Reach out to your friends, family, teachers, coaches, or other school faculty to ask for help. You are not alone.



For information, resources, and hope, visit BePresentOhio.org

And follow us on Instagram
@BePresentOhio



CRISIS

There are times when everything is just too much, when it's hard to see a way out, or when you'd like it all to just be over. In these moments, you need immediate support and there are trained people who can help you right away.

**Call or Text the National
Suicide Lifeline at 988**

Be Present Ohio is Hosted by
The Ohio Suicide Prevention Foundation



614-429-1528 | support@ohiospf.org
ohiospf.org | 175 South 3rd Street
Suite 700 Columbus, OH 43215



Helping a Friend

Look out for these signs that your friend might be struggling and get them support



Isolation

Avoiding friends, family, or social activities like sports or after-school clubs



Lack of Interest

No longer finding joy in hobbies, school, or things that once made them happy



Statements

Saying things like "I just want to die" or "Everyone would be better off without me"



Self Injury

Cutting, scratching, drinking too much or taking substances, or reckless driving

**Call or Text the National
Suicide Lifeline at 988**

Be Present Ohio is Hosted by
The Ohio Suicide Prevention Foundation



614-429-1528 | support@ohiospf.org
ohiospf.org | 175 South 3rd Street
Suite 700 Columbus, OH 43215