

BYSTANDER REPORTING AND RESPONSE: Warning Signs, Actions to Take, and Resources for Mental Health, Suicide, and Violence Concerns

	MENTAL HEALTH	SUICIDE	VIOLENCE
Warning Signs for Concern	<ul style="list-style-type: none"> • having lost interest in things • having low energy • sleeping too much or too little • spending more and more time alone • engaging in self-harm • having little to no interest in playing with other children • struggling academically or experiencing a decline in grades 	<ul style="list-style-type: none"> • talking about feeling hopeless • having a lack of relationships and social support • talking about wanting to die, kill oneself, or having no reason to live • sleeping too little or too much • seeing a local cluster of suicides • having impulsive or aggressive tendencies • experiencing a mental disorder (e.g., anxiety, depression, schizophrenia) 	<ul style="list-style-type: none"> • threatening to harm another or expressing an intent to attack • expressing intense or escalating anger • experiencing sadness, depression, or isolation • having an interest in weapons • changing appearance or behavior • attempting suicide and/or engaging in self-harm • expressing an interest in violence • speaking of suffering from or having suffered from aggressive bullying • declining grades or attendance • harassing others
Actions to Take	<p>Report concern to a trusted adult (e.g., medical professional, mental health professional, school official, or law enforcement officer) or bystander reporting tip line (e.g., Safe2Tell); follow-up to ensure preventive action taken.</p> <p>Talk openly about mental health concerns, take statements about depression or despair seriously, provide support, and follow-up.</p> <p>Contact a medical professional, mental health professional, or local crisis center for help and support.</p>	<p>Report concern to a trusted adult (e.g., medical professional, mental health professional, law enforcement officer, or school official) or bystander reporting tip line (e.g., Safe2Tell); follow-up to ensure preventive action taken.</p> <p>Talk openly about suicide, take statements about self-harm seriously, provide support, restrict access to means of self-harm, and follow-up.</p> <p>Contact local crisis center for help and support.</p> <p>Conduct a suicide risk assessment with a mental health professional.</p>	<p>Report concern to a trusted adult (e.g., law enforcement officer, mental health professional, or school official) or bystander reporting tip line (e.g., Safe2Tell); follow-up to ensure preventive action taken.</p> <p>Conduct a threat assessment to assess risk for violence, develop intervention strategies to manage risk, ask about and restrict access to weapons, and monitor progress or decline (e.g., grades, emotion management, responsiveness).</p> <p>Contact law enforcement, if the threat is imminent.</p>
Website Resources	Centers for Disease Control and Prevention National Institute of Mental Health	National Suicide Prevention Lifeline 1-800-273-TALK (8255)	U.S. Secret Service's National Threat Assessment Center



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