

SUPPORTING SCOUTS THROUGH A DIFFICULT LOSS

Recognizing warning signs and knowing when to seek help



Scouts look to their leaders. Your attention and support can make a lifesaving difference.



KNOW THE WARNING SIGNS

Pay particular attention to behavior that is new, increasing, or connected to a painful event, loss, or major change.

A Scout may need additional support if you notice:



Talking about wanting to die, having no reason to live, or being a burden



Feelings of hopelessness, being trapped, or unbearable emotional pain



Withdrawing from friends, family, or activities



Significant changes in sleeping or eating



Increased use of alcohol or drugs



Anxiety, agitation, rage, or unusually reckless behavior



Extreme or sudden mood changes



Saying goodbye, giving away important belongings, or other unusual preparations



Talking about, researching, or making plans for suicide or self-harm



HOW YOU CAN HELP

Be present. Listen. Take concerns seriously.



Let the Scout know you are available to listen.



Listen calmly and without judgment.



Don't minimize what they're feeling or tell them to "just be positive."



If a Scout talks about suicide or self-harm, take it seriously.



Do not promise to keep it a secret.
Involve a parent/guardian or another appropriate trusted adult.



If you're concerned, help connect the Scout and their family with additional support.

WHEN HELP IS NEEDED

988

SUICIDE & CRISIS LIFELINE



CALL OR TEXT 988

Free, confidential support is available 24/7.



If someone is in immediate, life-threatening danger, call 911.



**YOU ARE NOT ALONE.
HELP IS ALWAYS AVAILABLE.**



Learn more or find local resources at
988lifeline.org

Warning-sign and crisis-support information adapted from the National Institute of Mental Health (NIMH) and the 988 Suicide & Crisis Lifeline.