

National Suicide Prevention Lifeline

Answered Locally By:



1-800-273-TALK (8255)

SUICIDE WARNING SIGNS

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- Talking about wanting to die or kill oneself.
- Talking about feeling trapped or in unbearable pain.
- Changes in school or work performance.
- Talking about feeling hopeless or having no reason to live.
- Looking for a way to kill oneself.
- Increasing use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too much or too little.
- Talking about being a burden to others.
- Displaying extreme mood swings.
- Withdrawing or feeling isolated.

If you see these warning signs in someone you know call the National Suicide Prevention Lifeline

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TEXT YOUR ZIPCODE TO

898-211 (TXT-211)

for resources, listening, and support.

Help & Hope are just a text away.

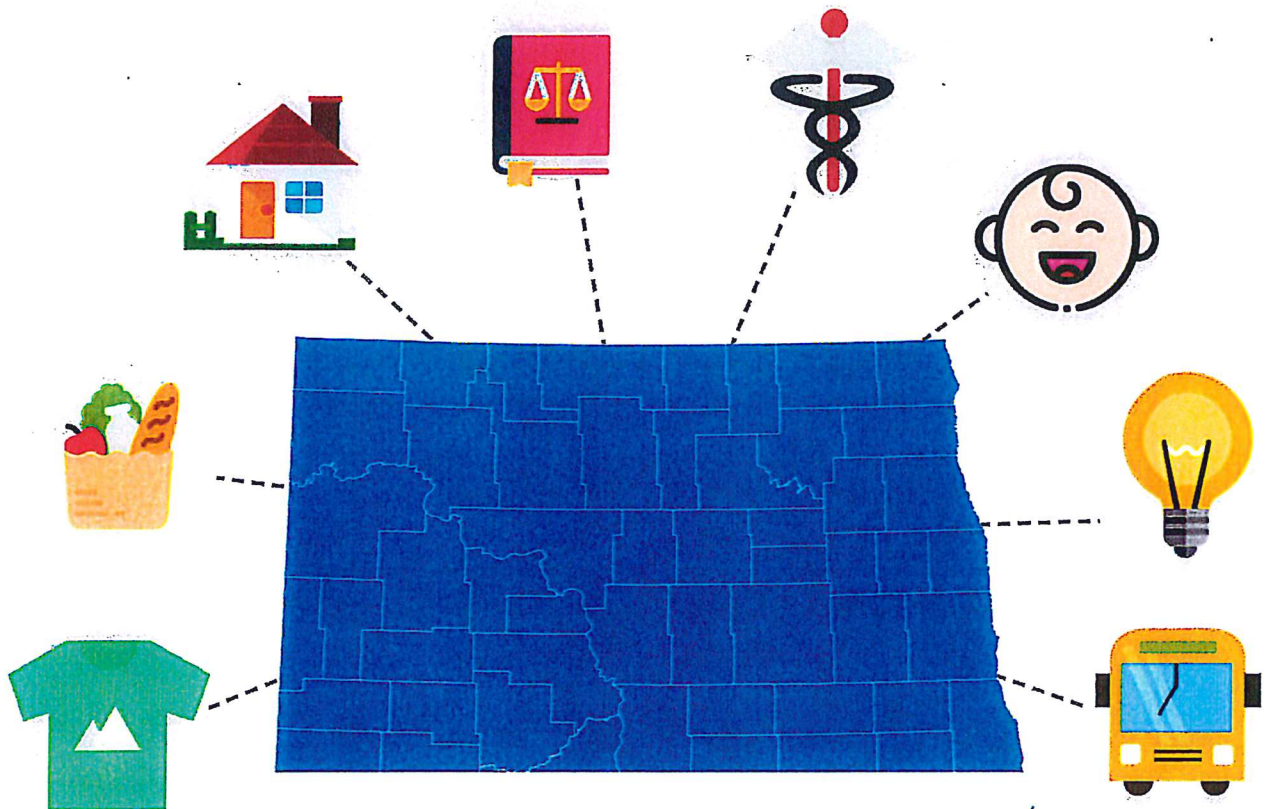
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www.myfirstlink.org

DIAL 2-1-1

YOUR COMMUNITY CONNECTION



2-1-1TM
Get Connected. Get Answers.

CONFIDENTIAL AND FREE

CONNECTS PEOPLE WITH
COMMUNITY RESOURCES
24 HOURS A DAY

EASY TO REMEMBER

HEALTHCARE \ HOUSING \ UTILITIES \ LEGAL HELP \ EMPLOYMENT \ FINANCIAL ASSISTANCE ADDICTIONS \ MENTAL HEALTH
\ DISABILITY SERVICES \ FOOD \ CLOTHING \ DISASTER SERVICES \ VOLUNTEER OPPORTUNITIES

SIMPLY DIAL 2-1-1 OR 701-235-7335