SUICIDE IS PREVENTABLE

Know the Signs, Save a Life

WARNING SIGNS OF SUICIDE

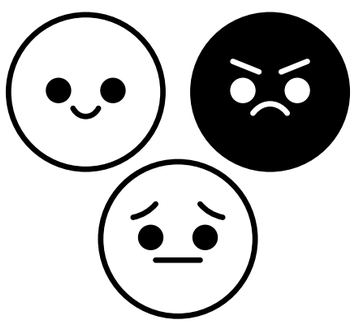
Talking about:

- Killing themselves
- Feeling hopeless
- Having no reason to live
- Being a burden to others
- Negative self-talk

Changes in Behavior:

- Increased substance use
- Withdrawing or isolating
- Giving away possessions
- Self-harm
- Changes in sleep habits

Changes in Mood:



- Depression/low mood
- Anxiety
- Irritability
- Agitation/anger
- Loss of interest
- Humiliation/shame

WHAT TO DO IF YOU NOTICE SIGNS

1 Take All Threats Seriously

It is a myth that people talk about suicide to get attention; it is safest to assume your friend means what they say.

2 Let Them Know You are There for Them

Do not shy away from the conversation, you can say something like: **“that sounds really hard, how can I help?”**

3 Inform a Trusted Adult

It is important that professional help is received. Encourage them to tell a trusted adult. If they don’t trust anyone, tell an adult you trust. **If you know something, say something.**

IF YOU OR SOMEONE YOU KNOW IS HAVING THOUGHTS OF SUICIDE, HELP IS AVAILABLE
SEE THE WELLNESS CENTER, YOUR COUNSELOR, OR OTHER TRUSTED ADULTS

National Suicide Prevention Lifeline
Call or text **988**

Crisis Text Line
Text **HOME** to **741-741**

Trevor Project
Call 866-488-7386
Text HELLO to 678-678