

It's  
OK  
to  
NOT  
be  
OK



You are not alone. Help is available.



## HELP IS AVAILABLE!

If you are experiencing a life-threatening emergency call 911.

Beaver County Crisis	1.800.400.6180
Crisis Text Line	Text "PA" to 741-741
Warmline of Beaver County	1.877.775.WARM (9276)
Pressley Ridge Transition Age (14-25) Mobile Crisis	724.630.5189
Additional Community Resources	Dial "211"
PA Get Help Now (support for addiction)	1.800.662.HELP
Safe2Say -or- <a href="http://www.safe2saypa.org">www.safe2saypa.org</a>	1.844.723.2729
Trevor Lifeline (LGBTQ+ Youth)	1.866.488.7386
National Suicide Prevention Hotline	1.800.273.TALK (8255)
Línea Nacional de Prevención del Suicidio	1.888.628.9454
Veteran Crisis Line (Text "838255")	1.800.273.8255 (press 1)
Disaster Distress Helpline	1.800.985.5990

These warning signs of suicide indicate a person may be experiencing a mental health emergency:

- ◇ Talking about wanting to die or kill oneself
- ◇ Having a plan to kill oneself
- ◇ Talking about feeling hopeless or having no purpose
- ◇ Increasing use of drugs or alcohol
- ◇ Acting anxious, agitated, reckless, or displaying mood swings
- ◇ Sleeping too much or too little
- ◇ Withdrawing or isolating
- ◇ Showing rage or seeking revenge
- ◇ Giving away possessions
- ◇ Talking about feeling trapped or being in unbearable pain