

Suicide has
impacted my world
You are not alone!

Checkout these
real stories

Are you in a
crisis? Call,
chat or text
988 or text
HOME to
741741

Stronger *together*

Connect. Support. Prevent.

Suicide prevention is not
one moment or one
person's job. It lives in the
relationships we build,
the support we offer, and
the communities we
create together.

Warning Signs

- Acting anxious, agitated or behaving recklessly
- Expressing hopelessness about the future
- Displaying extreme mood swings
- Changes in sleep
- Withdrawing or feeling isolated
- Talking about feeling trapped or in unbearable pain

SAMHSA



The weight of your pain might feel impossible, but choosing to end it all doesn't stop the hurt; it passes it to those who love you. You matter, and healing is still possible.