

KNOW THE SIGNS

SUICIDE IS 100% PREVENTABLE

RECOGNIZING THE WARNING SIGNS OF SUICIDAL THOUGHTS COULD SAVE A LIFE.

HERE'S WHAT TO LOOK FOR:

- Talking about wanting to die
- Feeling like a burden
- Isolation or withdrawal
- A sense of hopelessness
- Self-harm, such as cutting
- Extreme mood swings
- Engaging in risky behavior
- Possessing lethal means
- Excessive alcohol/drug use
- A negative self view
- Giving away possessions
- Making suicidal threats

IF THESE WARNING SIGNS APPLY TO YOU OR SOMEONE YOU KNOW, REACH OUT AS SOON AS POSSIBLE.

HELP IS AVAILABLE 24/7 ~ CALL 988

Suicide & Crisis Lifeline

988

Crisis Text Line

Text HOME to 741741

YOU MATTER AND YOU ARE NOT ALONE

SUICIDE PREVENTION NETWORK

775-783-1510 ~ www.spnawareness.org