



September is Suicide Prevention Month

Warning signs to look for:

These may be some of the signs that someone is thinking about suicide.

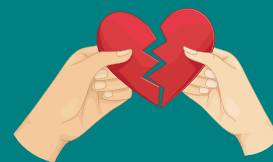
Talking About:

- Wanting to die
- Great guilt or shame
- Being a burden to others



Feeling:

- Empty, hopeless, trapped, or having no reason to live
- Extremely sad, more anxious, agitated, or full of rage
- Unbearable emotional or physical pain



Changes in Behavior, such as:

- Making a plan or researching ways to die
- Withdrawing from friends, saying goodbye, giving away important items, or making a will
- Talking dangerous risks such as driving extremely fast
- Displaying extreme mood swings
- Eating or sleeping more or less
- using drugs or alcohol more often



Help is available:

988 Suicide & Crisis Lifeline
Call or text 988
Chat at 988lifeline.org

Resolve Crisis
24-hour hotline
1-888-7-YOU-CAN (796-8226)

Crisis Text Line:
Text Hello to 741741
Free, 24/7, Confidential