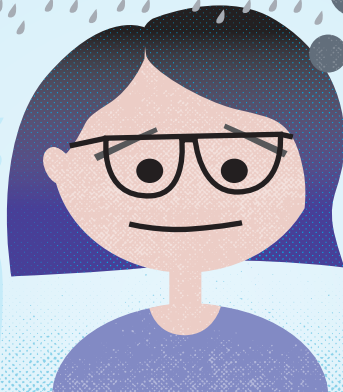
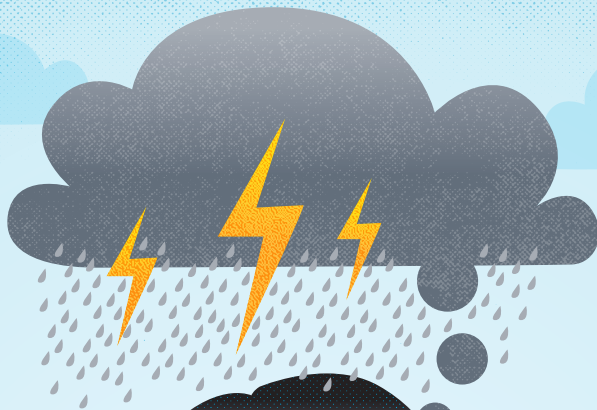


You
can
weather
this
storm.



Know the Signs

When people are struggling, it isn't always obvious. The more we can recognize that someone may be in emotional pain, and know how to respond, the more power we have to make a difference and help someone find their reasons for living. **If you observe one or more of these signs**, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change, **step in or speak up**.

- Talking about wanting to die or suicide
- Looking for a way to kill themselves
- Feeling hopeless, desperate, trapped
- Giving away possessions
- Putting affairs in order
- Reckless behavior
- Increased drug or alcohol use
- Withdrawal
- Anxiety or agitation
- Changes in sleep
- Sudden mood changes
- No sense of purpose

If you need to talk or are thinking about suicide, or are supporting someone you care about, call the National Suicide Prevention Lifeline at 1-800-273-TALK or text BRAVE to 741-741 to reach the Crisis Text Line for free, 24/7.

To find out more, visit suicideispreventable.org or activeminds.org/beafriend

