

Funded by counties through the Mental Health Services Act (Prop 63).



Know the Signs >> Find the Words >> Reach Out

Pain Isn't Always Obvious



Suicide Is Preventable

The National Suicide Prevention Lifeline
800.273.8255 (TALK)

Pharmacists Can Play a Key Role in Suicide Prevention.

Reach out to your patients if you observe one or more of these warning signs, especially if the behavior is new, has increased or seems related to a painful event, loss or change.

Warning signs to look for:

- Talking about wanting to die or suicide
- Looking for a way to kill themselves
- Lack of care for themselves
- Exhibiting moodiness, tearfulness, or depressed affect
- Anxiety or agitation
- Sudden changes in medications
- Has prescriptions from another pharmacy
- Attempting to fill medications early
- Filling prescriptions for high-risk medications
- No sense of purpose

If you are concerned about someone, reach out and ask:

“Are you thinking about suicide?”

If you think the person is suicidal, take it seriously. Don't leave them alone. Call the National Suicide Prevention Lifeline **800.273.8255 (TALK)** at any time to ask for assistance or call **911** for life-threatening emergencies.

Visit suicideispreventable.org to learn if someone you know might be at risk.