

PAINISN'T ALWAYS OBVIOUS

The warning signs of emotional pain or suicidal thoughts aren't always obvious.

HERE'S WHAT TO LOOK FOR:

drug or alcohol use **Reckless Changes** behavior in sleep **Anxiety or** agitation **Anger Withdrawal** Sudden mood changes Talking about wanting to die or suicide **Feeling Putting** hopeless, affairs helpless, in order desperate No sense of purpose **Giving away** possessions

Increased

By recognizing the signs, finding the words to start a conversation and reaching out to local resources, you have the power to make a difference. The power to save a life. **Learn more at:**

suicideispreventable.org

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In a crisis call the National Suicide Prevention Lifeline: 1.800.273.8255







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