If you are concerned for yourself or someone else, call the National Suicide Prevention Lifeline: 1.800.273.8255

PAIN ISN’T ALWAYS OBVIOUS

The warning signs of emotional pain or suicidal thoughts aren’t always obvious. HERE’S WHAT TO LOOK FOR:

- Increased drug or alcohol use
- Restless behavior
- Anxiety or agitation
- Withdrawal
- Talking about wanting to die or suicide
- Paranoid, irritable, or hostile
- Sudden mood changes
- Feeling hopeless, helpless, desperate
- Giving away possessions

suicideispreventable.org

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