The warning signs of emotional pain are not always obvious, but if you do observe them, do not hesitate to offer help.

If a friend or family member shows any of the following, especially if they are acting in ways that are not typical, reach out to provide help in time.

- Talking about wanting to die or suicide
- Seeking methods for self-harm or suicide
- Feeling hopeless, desperate or trapped
- Changes in sleep
- Do not want to spend time with family and friends
- Do not want to participate in activities they usually enjoy
- Anxiety or agitation
- Anger
- Putting themselves in dangerous situations
- Increased drug or alcohol use
- Giving away possessions
- Talk about being a burden to others

“Do not wait until the cattle go missing to mend the fences.”
Lao Proverb

Don’t wait until it is too late. There is something you can do now to help yourself, your family and friends. You could save someone’s life.

Talking about wanting to die or suicide
Seeking methods for self-harm or suicide
Feeling hopeless, desperate or trapped
Changes in sleep
Do not want to spend time with family and friends
Do not want to participate in activities they usually enjoy
Anxiety or agitation
Anger
Putting themselves in dangerous situations
Increased drug or alcohol use
Giving away possessions
Talk about being a burden to others

“Do not wait until the cattle go missing to mend the fences.”
Lao Proverb
It is difficult to accept that someone we care about wants to end their life. However, acceptance is important for us to be able to help. If you are worried about someone, don’t hesitate to start the conversation.

Offer support:
- Stay to comfort them and let them know you care and are willing to help.
- Reassure them that there is no shame in seeking help.
- Talk to and discuss next steps with a mental health clinician or doctor, a community leader or family members.

Call: 1.800.273.8255
Trained counselors are available 24/7 to offer support at the National Suicide Prevention Lifeline.

Visit: www.suicideispreventable.org
for more information and local resources.

Reach Out.