Every day in California, there are friends, family and co-workers who struggle with emotional pain. And, for some, it’s too difficult to talk about the pain, thoughts of suicide and the need for help. Though the warning signs may be subtle, they are there. 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.

To learn the warning signs of suicide, visit: suicideispreventable.org
**KNOW THE SIGNS**

The warning signs of suicide aren’t always obvious. Reach out and help 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:

- Talking about wanting to die or suicide
- Seeking a way to kill themselves, like searching online or buying a gun
- Feeling hopeless, desperate, trapped
- Giving away possessions
- Putting affairs in order
- Riskless behavior
- Uncontrolled anger
- Increased drug or alcohol use
- Withdrawal
- Anxiety or agitation
- Changes in sleep
- Sudden mood changes
- No sense of purpose

Knowing what to look for is the first step toward being there for a friend or family member in need. If you sense something is wrong, trust your instincts and get more information at suicideispreventable.org.

**FIND THE WORDS**

"Are you thinking of ending your life?"

Few phrases are as difficult to say to a loved one. But when it comes to suicide prevention, none are more important. If you are concerned about someone, don’t hesitate. Visit suicideispreventable.org to learn how to get the conversation started.

**REACH OUT**

**YOU ARE NOT ALONE**

If you even see one warning sign, step in or speak up. But you don’t need to do it alone. Help is available. To find local resources, visit suicideispreventable.org.

**IN A CRISIS**

If you think a person is suicidal, don’t leave them alone. Call the National Suicide Prevention Lifeline if you are in crisis or concerned about someone. Trained counselors are available 24/7 to offer support, 1.800.273.8255.