



NATIONAL

SUICIDE
PREVENTION
LIFELINE

1-800-273-TALK (8255)

suicidepreventionlifeline.org

SUICIDE
PREVENTION

CRISIS TEXT LINE
TEXT MT TO 741 741
FREE / 24/7 / FOR ANYONE IN CRISIS

WARNING SIGNS

Expressing thoughts of death, increase in substance use, deterioration in hygiene, giving away possessions, sleep problems, isolating, withdrawing, anger, reckless behavior, depressed mood.

WHAT TO DO

- Ask, *“are you suicidal?”* or *“are you thinking of killing yourself?”*
- Offer hope
- Tell someone (NO SECRETS)
- Don't leave them alone
- Take them to the ER or call 911
- **LOCK UP GUNS AND PILLS**