

Northwest Portland Area Indian Health Board
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www.npaihb.org



"Community is the healer that breaks the silence."

SUICIDE WARNING SIGNS

Get help if you or someone you know has any of the following signs:

- Acting reckless or engaging in risky activities
 - Increasing alcohol or drug use
- Withdrawing from friends, family, and society
 - Feeling rage or uncontrolled anger
- Feeling anxious, agitated or unable to sleep
 - Experiencing dramatic mood changes
 - Threatening to hurt or kill oneself
 - Feeling hopeless
 - Looking for ways to kill oneself
 - Feeling trapped
- Talking or writing about death, dying, or suicide
 - Seeing no reason for living

HOW TO HELP:

- Stay calm & listen
- Let the person talk about their feelings
 - Be accepting, don't judge
- Ask if the person has suicidal thoughts
 - Take threats seriously
 - Don't swear secrecy

GET HELP:

Lifeline: 1-800-273-TALK

www.suicidepreventionlifeline.org

Or contact local doctors, mental health services,
family, friends, teachers or clergy.