"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.