"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.