

Together, We Can **PREVENT SUICIDE**

IF YOU NOTICE

Insomnia.

Giving Away Possessions.

A Recent Suicide Attempt.

Losing Interest in Personal Hygiene
or Appearance.

Feeling Trapped or Hopeless.

Increased Drug or Alcohol Use.

Thoughts of What it Would be Like to Disappear

Thoughts of Suicide, References to Suicide or Death.

Suicidal Thoughts Can Be Helped By:

Checking on friends and asking if they are okay
or having thoughts of suicide. Research shows
this will not increase risk.

Connecting with a friend or family member,
asking for or offering a distraction.

Removing mobile devices from your bedroom.

Ensuring you are not alone - buddy up,
visit a family or friend.

Removing lethal means, give them to
a friend or relative for safekeeping.

If you need immediate assistance, know someone who does, or are unsure what to do, support is available through all of these support lines:



988 | SUICIDE & CRISIS
LIFELINE
<https://chat.988lifeline.org/>

CRISIS TEXT LINE |
Text NATIVE to 741741

EAP24 HOURS A DAY
800-222-0364 | FOH4You.com