

Get Help Now

KNOW THE SIGNS

Suicidal warning signs and behaviors

- + Increased use of alcohol or drugs
- + Talking about feeling hopeless, having no purpose and/or wanting to die
- + Talking about feeling trapped or in unbearable pain
- + Talking about being a burden to others
- + Acting anxious and agitated
- + Sleeping too little or too much
- + Decreased concern about personal hygiene
- + Displaying extreme mood swings
- + Withdrawing from others or feeling isolated
- + Change in diet, including a lack of appetite
- + Aggressive, impulsive or reckless behavior
- + Looking for a way or means to kill himself or herself
- + Collecting and saving pills or buying a weapon
- + Tying up loose ends (organizing personal papers, paying off debts or giving away possessions)
- + Saying goodbye to friends and family
- + Mist yourself – Mist yourself with water to cool off

How to help

ASK	It's vital to ask that person if they're considering suicide.
KEEP THEM SAFE	Make sure the person is not left alone unless they pose a threat to the safety of others.
LISTEN AND BE THERE	Carefully listen to what the person has to say. Do not be judgmental, argue with the person, or agree to keep their feelings a secret.
HELP THEM CONNECT AND SEEK SUPPORT	Depending on the situation, either call 911 or the 988 Suicide and Crisis Lifeline or visit an emergency room or health care provider.

GET HELP NOW

If you or someone you know is struggling or in crisis, help is available. Depending on the severity of the situation:

- + **Call or text 988** to reach the 988 Suicide and Crisis Lifeline for free and confidential support 24/7.
- + **Seek assistance** from a medical or mental health professional.
- + In case of emergency, **call 911**.

Need more info?

For support, **call or text 988** for the National Suicide Prevention Lifeline or, in case of emergency, dial 911.

