

PAIN ISN'T ALWAYS OBVIOUS

By recognizing the warning signs of suicide, knowing how to start a conversation and where to turn to for help, you have the power to make a difference— the power to save a life.

WARNING SIGNS TO LOOK FOR:

- Talking about wanting to die or suicide
- Feeling hopeless, desperate, trapped
- Giving away possessions
- Putting affairs in order
- Reckless behavior
- Anger
- Increased drug or alcohol use
- Withdrawal
- Anxiety or agitation
- Changes in sleep
- Sudden mood changes
- No sense of purpose

Individuals depicted are photography models and are for illustrative purposes only.



www.suicideispreventable.org
National Suicide Prevention Lifeline: 1.800.273.8255



Txoj Kev Mob Yeej Ib Txwm Yuav Tsis Pom Tau

Cov kev qhia pom ua ntej (Warning Signs) ntawm lawv txoj kev hu kom pab yeej muaj nyob rau ntawv, tabsis tsis yog ib qho ib txwm yooj yim pom. Yog tias txawm koj tsuas yog pom ib qhov kev qhia no xwb los, xub cev tes mus pab ua ntej.

Cov Kev Qhia Pom Ua Ntej (Warning Signs) uas Yuav Ua Zoo Saib:

- Tham hais txog xav tuag los yog txo txoj sia
- Mloog tsis muaj txoj kev cia siab, tag kev, tws kev
- Muab cov khoom tseem ceeb pub rau lwm tus
- Npaj tus kheej rau txoj kev tuag
- Coj tsis tus
- Kev npau ntaws
- Muaj siv yeeb tshuaj los yog dej cawv ntxiv
- Tsis xav ua dabtsi/tsis mus koom lwm tus li
- Txhawj heev thiab siab tsis tus li
- Kev pw hloov
- Cwj pwm hloov tam sim ntawd
- Yeej tsis paub muaj lub hom phiaj



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