

# Do you know the warning signs for suicide?

There are people in our community who experience intense sadness every day. They believe that their life has no meaning and there is no hope. And because they are ashamed of what they are going through and they find it difficult to understand their experiences, they hide their pain. The warning signs of their call for help are there, but not always obvious. Visit [suicideispreventable.org](http://suicideispreventable.org) to learn the signs, find the words and reach out.

National Suicide  
Prevention Lifeline:

**1.800.273.8255**

[suicideispreventable.org](http://suicideispreventable.org)



**KNOW  
THE SIGNS**



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