



**Pain isn't always obvious. Even with friends and family around, someone experiencing emotional pain or suicidal thoughts can feel isolated.** You may sense something is wrong, but not realize how serious it is. Trust what you see and feel, then ask the person if they are thinking about suicide.

**Know the Signs. Find the Words. Reach Out.**

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

In crisis? Call the National Suicide Prevention Lifeline: **1.800.273.8255**

Pain Isn't Always Obvious

**KNOW  
THE SIGNS**

Suicide Is Preventable



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).