



800.273.8255 (TALK)

The National Suicide Prevention Lifeline can be reached at:

Are you having thoughts of suicide or just need to talk to someone? Whatever you're going through, you're not alone. If you're in pain, call the National Suicide Prevention Lifeline. Your call is free and will be answered by well-trained and compassionate counselors. Remember: There is hope.

Pain Isn't Always Obvious

**KNOW
THE SIGNS**

Suicide Is Preventable

**The National Suicide Prevention Lifeline:
800.273.8255 (TALK)**

Are you concerned for someone else?

Pain Isn't Always Obvious. Reach out to someone you are concerned about if you observe one or more of these warning signs, especially if the behavior is new, has increased or seems related to a painful event, loss, or change:

Warning signs to look for:

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

If you are concerned about someone, reach out and ask:

“Are you thinking about suicide?”

If you think the person is suicidal, take it seriously. Don't leave them alone. Call the National Suicide Prevention Lifeline at **800-273-8255 (TALK)** at any time for assistance or call **911** for life-threatening emergencies.

Visit [suicideispreventable.org](https://www.suicideispreventable.org) to learn if someone you know might be at risk.