

You are Not Alone



If you are concerned about a loved one or yourself, you are not alone. By recognizing the warning signs, trusting your instincts and reaching out for help, you have the power to make a difference. **The power to save a life.**

National Suicide Prevention Lifeline **1-800-273-TALK (8255)**



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

Warning signs to look for:

- Talking about wanting to die or suicide
- Looking for a way to kill themselves
- Lack of care for themselves
- Exhibiting moodiness, tearfulness, or depressed affect
- Anxiety or agitation
- Sudden changes in medications
- Has prescriptions from another pharmacy
- Attempting to fill medications early
- Filling prescriptions for high-risk medications
- No sense of purpose

Suicide Prevention Resources

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Veterans: Press 1

En Español: **1-888-628-9454**

For Deaf & Hard of Hearing: **1-800-799-4889**

Local Resource 1 Name Contact Number

Description/URL/Text

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