Increased drugor alcohol PAIN use **Reckless** Changes behavior in sleep ISN'T **Anxiety or** agitation **ALWAYS** Anger **Withdrawal OBVIOUS** Sudden mood changes The warning signs of emotional pain or **Talking** about suicidal thoughts aren't always obvious. wanting **HERE'S WHAT TO LOOK FOR:** to die or suicide **Feeling Putting** hopeless, affairs helpless, in order desperate No sense of purpose

By recognizing the signs, finding the words to start a conversation and reaching out to local resources, you have the power to make a difference. The power to save a life. **Learn more at:**

Giving away possessions

suicideispreventable.org

In a crisis call the National Suicide Prevention Lifeline:

1.800.273.8255



