

Cards: cut out the cards ✂ ✂

Warning Sign:



Talking About Wanting to Die or Suicide

Warning Sign:



Changes in Sleep

Warning Sign:



Withdrawn

FIND the WORDS

Warning Sign:



Increased drug or alcohol use

Warning Sign:



Feeling hopeless, desperate or trapped

Fact

With proper treatment, **70-90%** of people who live with a mental health challenge can recover

Warning Sign:



Looking for a way to kill themselves.

www.

SuicidelsPreventable.org

Fact

People who manage their mental health challenges can lead happy, healthy lives and contribute to their community.

Warning Sign:



Reckless Behavior

1.800.273.8255

National Suicide Prevention Lifeline

Warning Sign:



Sudden Mood Changes

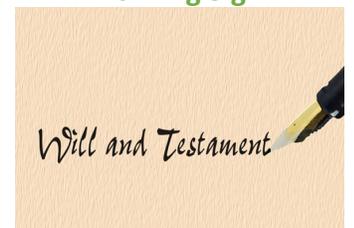
Warning Sign:



Uncontrolled Anger

Pain Isn't Always Obvious

Warning Sign:



Putting affairs in order