

# 'T OBVIOUS

Every day in California, there are friends, family and co-workers who struggle with emotional pain. And, for some, it's too difficult to talk about the pain, thoughts of suicide and the need for help. Though the warning signs may be subtle, they are there. 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.

**National Suicide  
Prevention Lifeline  
Call 24/7  
1-800-273-8255**



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

Pain Isn't Always Obvious

**KNOW  
THE SIGNS**

Suicide Is Preventable

To learn the warning signs of suicide, visit:  
**[suicideispreventable.org](http://suicideispreventable.org)**

**TAKE THE FIRST STEP AND OPEN UP**

# PAIN ISN ALWAYS



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

## KNOW THE SIGNS

**The warning signs of suicide aren't always obvious.**

Reach out and help 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:

- Talking about wanting to die or suicide
- Looking for a way to kill themselves, like searching online or buying a gun
- 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

Knowing what to look for is the first step toward being there for a friend or family member in need. If you sense something is wrong, trust your instincts and get more information at [suicideispreventable.org](http://suicideispreventable.org).

## FIND THE WORDS

“ *Are you thinking of ending your life?* ”

Few phrases are as difficult to say to a loved one. But when it comes to suicide prevention, none are more important. If you are concerned about someone, don't hesitate. Visit [suicideispreventable.org](http://suicideispreventable.org) to learn how to get the conversation started.

### START THE CONVERSATION

*Mention the warning signs you are noticing.*

### ASK ABOUT SUICIDE

*“Are you thinking about suicide?”*

### LISTEN

*Express concern and reassure.*

## REACH OUT

### YOU ARE NOT ALONE

If you even see one warning sign, step in or speak up. But you don't need to do it alone. Help is available. To find local resources, visit:

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

### IN A CRISIS

If you think a person is suicidal, don't leave them alone. Call the National Suicide Prevention Lifeline if you are in crisis or concerned about someone. Trained counselors are available 24/7 to offer support. **1.800.273.8255.**