

Know the signs!

- Threatening to hurt or kill oneself
- Talking about hurting or killing oneself
 Looking for ways to kill oneself by seeking access to firearms, pills, etc.
- •Talking or writing about death/suicide
- •Giving away prized possessions
- •Feeling hopeless or worthless
- ·Feeling rage or uncontrolled anger
- •Decreased interest in school
- Acting reckless / risky activities
- •Loss of energy or interest in activities
- •Feeling trapped— there's no way out
- Increasing alcohol or drug use ·Withdrawing from friends, family
- •Feeling anxious, agitated, unable to sleep or sleeping all the time
- Dramatic mood changes
- Seeing no reason for living

1-800-273-TALK

Suicide

Threatening to hurt or kill oneself

Looking for ways to kill oneself by

•Giving away prized possessions •Feeling hopeless or worthless

•Feeling rage or uncontrolled anger Decreased interest in school

Acting reckless / risky activities
 Loss of energy or interest in activities
 Feeling trapped— there's no way out

 Increasing alcohol or drug use
 Withdrawing from friends, family •Feeling anxious, agitated, unable

to sleep or sleeping all the time

Dramatic mood changes

Seeing no reason for living

•Talking about hurting or killing oneself

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• Talking or writing about death/suicide

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Suicide Warning Signs

Don't wait...Save a Life!

If you or someone you know exhibits the signs on the back of this card, do the following Immediately:

Talk to your friend
Do not keep it a secret
Tell an adult
Call 911

call 1-800-273-TALK

Adults to tell:

Your parent
Your friend's parent
Guidance counselor
School psychologist
Social worker
Teacher or coach
Any trusted adult!

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