

WORRIED YOU HAVE SOMEONE IN YOUR LIFE THAT'S SUICIDAL?

This is what the **National Suicide Prevention Lifeline** says you should be looking for.

Is your loved one...

Sleeping too little or too much?

Talking about feeling hopeless or having no reason to live?

Increasing the use of alcohol or drugs?

Talking about wanting to die or to kill oneself?

Talking about feeling trapped or in unbearable pain?

Looking for a way to kill oneself, such as searching online or buying a gun?

Talking about being a burden to others?

Withdrawing or feeling isolated?

Acting anxious or agitated; behaving recklessly?

Showing rage or talking about seeking revenge?

Displaying extreme mood swings?

GRATEFUL
& COMPANY



RECOGNIZE,
ACKNOWLEDGE, SHOW.

LEARN THE WARNING SIGNS. SUICIDE IS PREVENTABLE.

NATIONAL
SUICIDE
PREVENTION
LIFELINE

1-800-273-TALK (8255)

suicidepreventionlifeline.org