


Are YOU or *SOMEONE YOU LOVE*  
having thoughts of SUICIDE?

**NEGATIVE**  
self view



  
possessing  
**LETHAL**  
**MEANS**

**ISOLATION**  
OR FEELING  
**ALONE**

making  
**SUICIDE**  
**THREATS**

  
**GIVING**  
**THINGS**  
**AWAY**

A SENSE OF  
**HOPELESSNESS**



feeling like a  
**BURDEN**  
to others


**SUICIDE**  
**WARNING**  
**SIGNS**

**AGGRESSIVENESS**  
and  
**IRRITABILITY**

**ALCOHOL** and **DRUG**  
**MISUSE**



**ENGAGING**  
IN **RISKY**  
**BEHAVIORS**

  
dramatic  
changes to  
**MOOD** OR  
**BEHAVIOR**

FEELING  
  
**TRAPPED**

**SELF**  
**HARM**

A HISTORY OF  
**SUICIDAL**  
**BEHAVIOR**

**YOUR COMMUNITY CARES**

Talk to a trusted staff member today.

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**Suicide Hotline: 800.273.TALK**

**Crisis Text line: 741741**