The Lifeline is **FREE**, confidential, and always available.

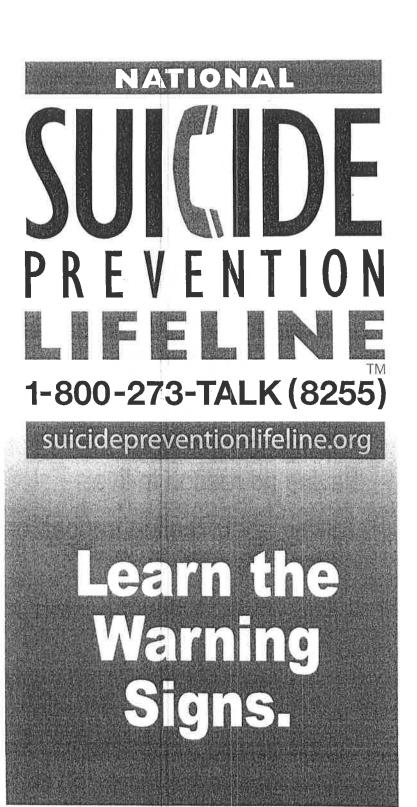
HELP
a loved one,
a friend,
or yourself.

Community crisis centers answer Lifeline calls.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES Substance Abuse and Mental Health Services Administration www.samhsa.gov

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Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- Talking about wanting to die or to kill oneself.
- * Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in unbearable pain.
- Talking about being a burden to others.

- Increasing the use of alcohol or drugs.
- * Acting anxious or agitated; behaving recklessly.
- * Sleeping too little or too much.
- Withdrawing or feeling isolated.
- * Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

Suicide Is Preventable.

Call the Lifeline at 1-800-273-TALK (8255).

With Help Comes Hope