

Do you know someone thinking about suicide?

For help call:



800-273-TALK

- Did you know that suicide is a serious problem in our community?
- While some suicides occur without warning – most do not.
- People considering suicide may be depressed or may have experienced a significant loss.
- Warning signs of suicide include:
 - o Talking about death, dying or suicide;
 - o Feeling hopeless;
 - o Talking or acting as if saying goodbye;
 - o Feeling trapped;
 - o Increasing the use of alcohol or drugs;
 - o Withdrawing from family or friends;
 - o Feeling anxious, agitated or having trouble sleeping
- Take all talk of suicide seriously and never leave a suicidal person alone.

If you or someone you know is thinking about suicide call the Lifeline, **800-273 TALK**.

*Local support of the Lifeline is provided by Portage Path Behavioral Health and
the County of Summit Alcohol, Drug Addiction and Mental Health (ADM) Services Board*