

*Directions:*

*This sheet contains 2 wallet-sized cards. Cut out each card along the bold border. Fold in half on the dotted line labeled "1st fold" so that the printed side is visible. Fold once more.*

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, please call the Lifeline  
**800-273-TALK**

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1st  
fold

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

*Local support of the Lifeline is provided  
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2nd  
fold

**Do you know someone  
thinking about suicide?**

**For help, please call:  
800-273-TALK**



**Treatment Works.  
People Recover.**



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thinking about suicide?**

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cover