

Together, We Can **PREVENT SUICIDE!**

IF YOU NOTICE:

Insomnia

Giving Away Possessions

A Recent Suicide Attempt

Losing Interest in Personal
Hygiene or Appearance

Feeling Trapped or Hopeless

Increased Drug or Alcohol Use

Thoughts of What it Would be Like to Disappear

Thoughts of Suicide, References to Suicide or Death

Suicidal Thoughts Can Be Helped By:

Checking on friends and asking if they are
okay or having thoughts of suicide.
Research shows this will not increase risk

Connecting with a friend or family member,
asking for or offering a distraction

Ensuring you are not alone - buddy up,
visit a family or friend

Removing lethal means, give them to
a friend or relative for safekeeping

If you need immediate assistance, know someone who does, or are unsure
what to do, support is available through all of these support lines:



988 | SUICIDE & CRISIS
LIFELINE

<https://chat.988lifeline.org/>

CRISIS TEXT LINE |

Text NATIVE to 741741

EAP 24 HOURS A DAY

800-222-0364 | [FOH4You.com](https://www.FOH4You.com)