

Suicide Prevention

Know the Warning Signs. Get Help.

Are you struggling with suicidal thoughts? Do you have ongoing sadness you just can't shake? People who are depressed or feeling overwhelming pressures are at increased risk for suicide.

The two most important steps to prevent suicide are recognizing the warning signs and getting help. If you or anyone you know mentions suicide, encourage them to get professional help. If there is an immediate crisis, have them call the Suicide Prevention Lifeline: **1.800.273.TALK (8255) or 911.**

Don't Ignore These Warning Signs

Don't delay getting help if you or a loved one is experiencing any of the following:

Talking or writing about suicide, including hints like "You'll be better off without me"

Withdrawal from friends or family, saying or feeling things like "They just don't understand me"

Painful life event such as a loss of a loved one, job, or a severe health event

Expressing hopelessness, rage, revenge or feeling trapped, worthless or guilty

Changes in behavior including disinterest in pleasurable activities, giving away prized possessions

Taking action such as seeking access to a weapon, pills or other means to harm yourself

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Turn to Us.

Depression is a major risk factor for suicide. Getting help early is important. If you or a loved one feels persistent sadness, hopelessness, or struggles with other mental health problems, contact us. We can help you get the confidential support you need.



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