

If you are thinking about suicide, talk to someone you trust, or call the Suicide Prevention Lifeline.

## 1-800-273-TALK (8255)

If you think someone may be considering suicide, remember to T.A.L.K.

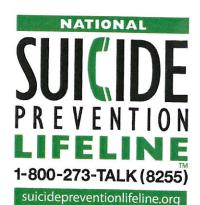
- Tell him you are concerned.
- Ask if she has a plan.
- Listen without judgment.
- · Know where to get help.

## Learn the warning signs:

- Sadness, withdrawal, hopelessness
- Uncharacteristic anger and moods
- Increased alcohol or drug use
- Change in sleep too much/too little
- Anxiety, agitation, reckless behavior
- Giving away favorite possessions

If you see any of the warning signs, seek help immediately. Contact a mental health professional or call to break the silence.

1-800-273-TALK (8255) In an emergency, call 911



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