



Thinking about suicide?

Talk to someone you trust.

It's hard to talk about suicide. But it's okay to talk about it. You can end the pain without ending your life. With help, there is hope.

1-800-273-TALK (8255)



NORTH DAKOTA
SUICIDE
PREVENTION PROGRAM



NORTH DAKOTA
DEPARTMENT of HEALTH

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.

- **T**ell him you are concerned.
- **A**sk if she has a plan.
- **L**isten without judgment.
- **K**now 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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1-800-273-TALK (8255)
suicidepreventionlifeline.org

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