

With Help Comes Hope

Recognize the Signs of Suicide Risk

- Thinking about hurting or killing yourself.
- Looking for ways to kill yourself.
- Talking about death, dying or suicide.
- Self-destructive behavior.
- Hopelessness, feeling like there's no way out.
- Anxiety, agitation, sleeplessness, mood swings.
- Feeling like there is no reason to live.
- Rage or anger.
- Engaging in risky activities without thinking.
- Increasing alcohol or drug abuse.
- Withdrawing from family and friends.

**The presence of these signs requires immediate attention.
Call us if you are experiencing any of these warning signs.**

National Suicide Prevention Lifeline

1.800.273.8255

Veterans Press 1

FiRST

First Responder Support Team

267.893.5200

