

# 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.

REGIONAL SUICIDE PREVENTION TASK FORCE  
OF SOUTHEASTERN PENNSYLVANIA

## National Suicide Prevention Lifeline

**1.800.273.8255**

**Veterans Press 1**

**FiRST**  
**First Responder Support Team**

**267.893.5200**

**#youmatter**

