



H.O.P.E. saves lives.



**Look for
Hints**



**Ask Openly
about suicide**



**Validate
Pain**



**Explore Reasons
to live and plan
to stay safe**

Warning Signs of Suicide

- Talking about wanting to die or kill oneself*
- Looking for a way to kill oneself, such as searching online or obtaining a gun*
- Talking about feeling hopeless or having no reason to live*
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

* signs of acute risk

National Suicide Prevention Lifeline: 1-800-273-8255

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