

On, Average There are 130 Suicides Per Day*

Warning Signs

Know what to look for

- Talking about being better off dead or being a burden to others.
- Changes in behavior such as seriously isolating self or taking big, uncharacteristic risks.
- Getting things in order, such as making a will or giving possessions away.
- Signs of serious depression. This can include extreme irritability as well as more typical sadness, sleep and appetite disturbance.



You are not alone

Call or text 988

the Suicide and Crisis Lifeline

*CDC