

**SUICIDE IS
PREVENTABLE**

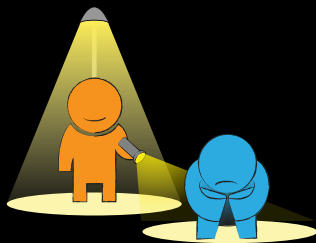
**EMPS
Crisis Intervention
Services**

Dial 2-1-1



**1 WORD
VOICE
LIFE**

Be the 1 to start
the **conversation**



www.preventsuicidect.org
www.empsct.org

Suicide Warning Signs:

Take *IMMEDIATE ACTION* if someone is:

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means
- Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person

Bring the individual to the Emergency Department or call 9-1-1.

Do not leave the individual alone.

Other Warning Signs:

- Feeling Hopeless
- Feeling rage or uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities- seemingly without thinking
- Feeling trapped- like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family and society
- Feeling anxious, agitated, or unable to sleep or sleeping all the time
- Experiencing dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life

If you or someone you know exhibits any of the signs, seek help as soon possible by contacting a mental health professional at 2-1-1 or by calling the National Suicide Prevention Lifeline at 1-800-273-TALK.