

If you or a friend is experiencing any of these

behaviors, help is available 24/7.

“There’s Help, There’s Hope!”

Call 1-800-SUICIDE

- Appearing depressed or sad most of the time
- (Untreated depression is the number one cause of suicide.)
- Feeling hopeless.
- Expressing hopelessness.
- Sleeping too much or too little.
- Gaining or losing a significant amount of weight.
- Making statements such as these:
- “I can’t go on any longer, I hate this life.”
- “Everyone would be better off without me.”
- Life is not worth living anymore.”
- I want to die.”
- Any mention of suicide.
- Writing notes or poems about suicide or death.
- Losing interest in most activities.
- Giving away prized passions.
- Writing a will.
- No sense of humor.
- Facing a perceived “humiliating situation.”
- Facing a perceived “failure.”
- Feeling excessive guilt or shame. Acting irrationally.
- Being preoccupied with death or dying.
- Behaving recklessly.
- Irritability.
- Frequent complaining about headaches, stomachaches, etc.
- Neglecting personal appearance.
- A dramatic change in personal appearance.
- A dramatic change in personality.
- Performing poorly in work or school.
- Abusing alcohol or drugs.

- Inability to concentrate.

**“Remember, Suicide is a permanent solution to a temporary problem.”**

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