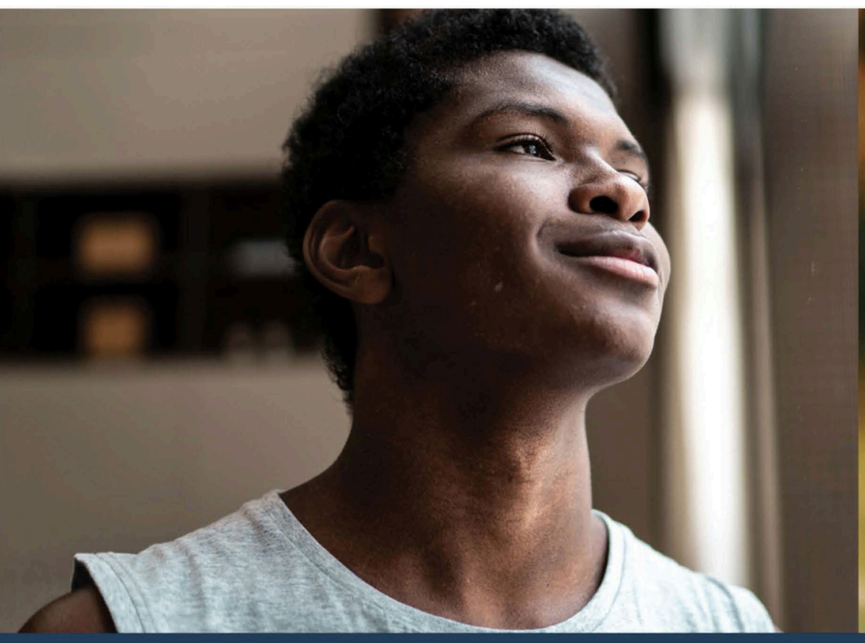
#KEEPLIVING

Suicide Warning Signs
For Youth





It's time to take action if you notice these signs in family or friends:

1. Talking about or making plans for suicide.
2. Expressing hopelessness about the future.
3. Displaying severe/overwhelming emotional pain or distress.
4. Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:
   - Withdrawal from or changing social connections/situations.
   - Changes in sleep (increased or decreased).
   - Anger or hostility that seems out of character or out of context.
   - Recent increased agitation or irritability.

Local Resources are available today!

SCAN

988
No Judgment. Just Help.

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