










YOU CAN BE A LIFE SAVER



Be Aware of the Warning Signs

A SUICIDAL PERSON MAY:

-  Talk about suicide, death, and/or no reason to live.
-  Give away prized possessions.
-  Increase their use of alcohol or drugs.
-  Express a sense of hopelessness.
-  Withdraw from friends and/or social activities.
-  Have attempted suicide before.
-  Be faced with a situation of humiliation or failure.
-  Experience drastic changes in behavior.
-  Have recent severe loss (job/relationship) or threat of a significant loss.

***If you know someone who exhibits these feelings, offer help!
If you experience any of these feelings, get help!***

CALL: TOLL FREE 1-877-9WE-HELP (1-877-993-4357)

**TALK TO
SOMEONE.
YOU ARE NOT
ALONE.**

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VISION

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