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: 570-628-0152 OR TOLL FREE 1-877-993-4357

TALK TO SOMEONE. YOU ARE NOT ALONE.



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