Suicide is preventable.

DIAL 988

Help a loved one, friend or yourself.

Reach for Life

DIAL 988
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 behavioral cues or marked changes in behavior, particularly in the presence of the warning signs above. Specifically, this includes significant:
   - Withdrawal from or changing in 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

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss or change.

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