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Suicide is preventable.

1.800.273.8255

Help a loved one, friend or yourself.



1.800.273.8255



YOUTH SUICIDE WARNING SIGNS

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.

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

1.800.273.8255

REACH FOR
LIFE

A stylized white eagle head logo is positioned in the bottom right area of the page, facing left. The eagle's beak is pointed downwards and to the left, and its eye is visible. The logo is set against a yellow background that features some abstract, brush-like yellow strokes.