



Suicide Prevention Coalition

SENECA • HURON • OTTAWA • SANDUSKY • WYANDOT

**You are enough. You matter.
Your life is worth fighting for.**

Warning Signs of Suicide



Express Thoughts of

- Harming themselves
- Feeling hopeless
- Feeling trapped
- Having no reason to live
- Unbearable pain
- Being a burden to others



Changes in Behavior

- Drinking more alcohol and using drugs
- Looking for ways to end their lives, including searching online for possible methods
- Withdrawing from activities
- Isolating themselves from family, friends, and loved ones
- Sleeping too much or too little
- Saying goodbye to others
- Giving away valued possessions
- Becoming aggressive



Mood

- Depressed
- Uninterested
- Agitated
- Anxious
- Humiliated
- Enraged
- Irritable
- Tired



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Suicide is preventable.

Tips for Starting a Conversation

- 1 They talk, you listen**
- 2 Ask how you can help**
- 3 Avoid giving advice**
- 4 Keep it casual**
- 5 Let them open up at their pace**
- 6 Encourage them to reach out for help**
- 7 Call 911 for immediate danger**

How to Get Help

- **Call the Crisis Hot Line 24/7.** 1-800-826-1306.
- **Text the Crisis Text Line.** Text 4HOPE to 741741.
- **Tell a Friend.** Confiding in someone can help build a support system.
- **Talk to a Professional.** Reach out to a therapist who can help you or someone you know work through and process emotions.
- **Go Someplace Safe.** It's always okay (brave, even!) to call 911 or go to an ER.
- **Call Us for Non-Emergencies.** Call the Mental Health and Recovery Services Board office at 419-448-0640.

419-448-0640
www.ncbhb.org