The Numbers

One in two have felt that things were hopeless

One in ten have seriously considered suicide

Notice the Signs

In the past year...

- Dramatic changes in mood, eating, or sleeping patterns
- Engaging in impulsive or reckless behaviors
- Withdrawing from friends, family, or social activities
- Expressing feelings of hopelessness or of being trapped
- Gaining access to guns, pills, knives, etc.

Suicide can be prevented. The first step in helping someone in distress is to notice warning signs.