

Pain Isn't Always Obvious

KNOW
THE SIGNS



Suicide Is Preventable

Pain isn't always obvious, but most suicidal people who show some signs that they are thinking about suicide. The signs may appear in conversations, through their actions, or in social media posts. If you observe one or more of these warning signs, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change, step in or speak up.

If any of these signs are present, call the National Suicide Prevention Lifeline at 1-800-273-8255.

- Talking about death or suicide
- Seeking methods for self harm, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live