



Talking can save lives

Most people actively manage their mental health and lead fulfilling lives. But sometimes life stressors and health issues converge to create feelings of hopelessness and despair.

There's no single cause of suicide

Do you know the warning signs?

Those who are struggling may show changes in:



Talk

Feeling hopeless or trapped,
being a burden to others,
unbearable pain



Behavior

Withdrawal from activities,
increased use of alcohol or
drugs, aggression



Mood

Low mood, sad or depressed,
loss of interest, irritability,
agitation, rage, humiliation

To learn more, visit afsp.org/signs

Not feeling like yourself?

Talk with someone today

1-800-273-TALK (8255)

Suicide Prevention Lifeline (Veterans: Press 1)

Know someone at risk?

Show you care and ask

Text **TALK** to **741741**

Crisis counselors are available 24/7

Call 911 for emergencies

Resources *for* Living®

