

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.

- ▶ Talking about wanting to die or kill oneself.
- ▶ Acting anxious or agitated; behaving recklessly.
- ▶ Talking about feeling trapped or in unbearable pain.
- ▶ Sleeping too much or too little.
- ▶ Talking about being a burden to others.
- ▶ Changes in school or work performance.
- ▶ Extreme mood swings. Withdrawing or feeling isolated.
- ▶ Talking about feeling hopeless or having no reason to live.
- ▶ Increased use of alcohol or drugs.
- ▶ Abrupt changes in behavior.
- ▶ Giving Away Possessions

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Text: **899-911**, Dial **2-1-1**, or Call **701-235-7335 (SEEK)**
24 Hour Suicide Lifeline: Dial **1-800-273-8255 (TALK)**



National Suicide Prevention Lifeline
answered locally by



Serving all of North Dakota & Clay County,
Minnesota. Giving Help & Hope through:

- ▶ Information and Community Resources
- ▶ Emotional Support
- ▶ Dialing 211, texting your zipcode to **898-911 (TXT)**, or calling **701-235-7335 (SEEK)**
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Website: www.myfirstlink.org
24/7 - Free
Confidential - Language Line

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