



Serving all of North Dakota & and western Minnesota. Giving Help & Hope through:

- Information and Community Resources
- Emotional Support
- Dialing or texting 988



Serving all of North Dakota & and western Minnesota. Giving Help & Hope through:

- Information and Community Resources
- Emotional Support
- Dialing or texting 988



988 suicide and crisis lifeline is answered locally by FirstLink.



Learn more at [myfirstlink.org](http://myfirstlink.org)

988 suicide and crisis lifeline is answered locally by FirstLink.



Learn more at [myfirstlink.org](http://myfirstlink.org)



Serving all of North Dakota & and western Minnesota. Giving Help & Hope through:

- Information and Community Resources
- Emotional Support
- Dialing or texting 988



Serving all of North Dakota & and western Minnesota. Giving Help & Hope through:

- Information and Community Resources
- Emotional Support
- Dialing or texting 988



988 suicide and crisis lifeline is answered locally by FirstLink.



Learn more at [myfirstlink.org](http://myfirstlink.org)

988 suicide and crisis lifeline is answered locally by FirstLink.



Learn more at [myfirstlink.org](http://myfirstlink.org)

Learn more at [myfirstlink.org](http://myfirstlink.org)

---

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



---

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



---

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



---

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

