



Giving Help & Hope Through:

- **Community Resources**
- **Emotional Support**
- **Education & Outreach**

988 Suicide & Crisis Lifeline is answered locally by FirstLink.



**Find
hope
today.**

Learn more at
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.

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.



Call or text **9-8-8**, or chat
by visiting **988lifeline.org**