

WARNING SIGNS

Know the Red Flags

Talks about dying
Feels hopeless
Doesn't feel valued
Feels trapped
Unbearable pain
Focuses on death
Says goodbye
Shows despair

Withdrawn
Isolated from family
Isolated from friends
Sleeps too much or
Sleeps too little
Drug abuse
Alcohol abuse
Gives things away
Mood swings

Aggressive
Fatigued
Depressed
Anxious
Irritable
Uninterested
Humiliated
Lonely
Acts recklessly

Be a Lifeline!

If you or someone you know is thinking about suicide,
TELL SOMEONE - a counselor, a teacher, an adult or a friend!

Be a lifeline - don't leave the person alone!

Listen to what they are saying or not saying.

Look for warning signs

Get help - know your limitations.

Text or Call the Friends 4 Life Hotline: 817-469-8477

National Suicide Prevention Lifeline: (800)273-TALK (8255)

MHMR-TC I-CARE Hotline: 817-335-3022

