

Suicide prevention:

Did you know the first time a person has thought about suicide is age 8 yrs old

What are the Warning Signs?

Preoccupation with suicide and/or death

Feelings of sadness or hopelessness, often accompanied by anxiety

Declining school or work performance

Loss of pleasure/interest in social and sports activities

Sleeping too little or too much

Changes in weight or appetite

What can be a factor in suicide?

Mental health diagnosis- depression, anxiety disorder etc.

Any family history of mental health issues- genetics

Bipolar has the highest rate of suicidal thinking

Using substances- especially uppers. Coming off of uppers makes a person extremely depressed and crash. Substances such as Chrystal meth, crack and cocaine.

Samaritans Statewide Helpline:

(877) 870-4673

Call or Text 24/7

Elliot Emergency Services:

To Reach Us In An Emergency, (800) 988-1111