



Face suicide warning signs before it's too late.

- Decreased productivity
- Decreased self-confidence
- Isolation from peers
- Agitation and increased conflict with others
- Increased feelings of being overwhelmed

If you or someone you know is feeling depressed or suicidal, you are not alone.

There's help.

For urgent assistance, please reach out to the **National Suicide Prevention Lifeline** right away.

NATIONAL
SUICIDE
PREVENTION
LIFELINE™
I-800-273-TALK
www.suicidepreventionlifeline.org