SOUND CARES

Face suicide warning signs before it's too late.

Be on the lookout for warning signs:

Likely Risk	Immediate Risk	Serious Risk
• Decreased productivity • Decreased self-confidence • Isolation from peers • Agitation and increased conflict with others • Increased feelings of being overwhelmed	• Talking about wanting to die or to kill oneself • Looking for ways to kill oneself, such as searching online or purchasing a gun • Talking about feeling hopeless or having no reason to live	• Talking about feeling trapped or in unbearable pain • Talking about being a burden to others • Increased use of alcohol or drugs • Acting anxious or agitated; behaving recklessly • Withdrawing or feeling isolated • Showing rage or talking about seeking revenge Extreme mood swings

There's help.

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

1-800-273-TALK