



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.

TEXT

You can send a text
to the
Crisis Text Line

Text: HOME
to 741741

CALL

NATIONAL

SUICIDE
PREVENTION

LIFELINE™

1-800-273-TALK

www.suicidepreventionlifeline.org