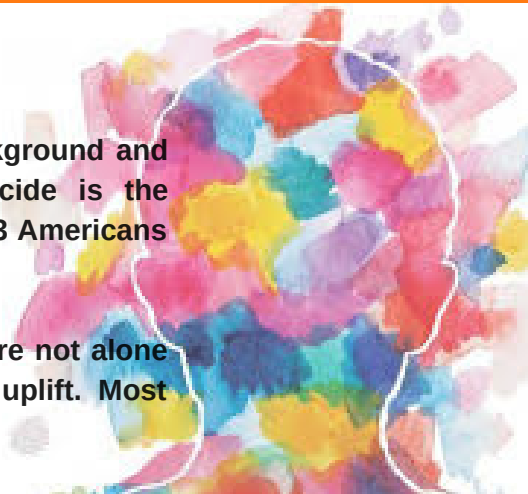


"Asking for help is the first step. You are more precious to this world than you'll ever know."  
– Lili Reinhart

**SEPTEMBER IS NATIONAL SUICIDE PREVENTION AWARENESS MONTH**

Suicidal thoughts can affect anyone, regardless of age, gender or background and is often the result of an untreated mental health condition. Suicide is the 10th leading cause of death in the US for all ages with approximately 123 Americans dying by suicide every single day.

We want those who have thoughts of suicide to understand that they are not alone and there are other options. We're here to encourage, support and uplift. Most importantly, we're here to help.



**HOW TO TO TALK TO SOMEONE HAVING SUICIDAL THOUGHTS**

1. Talk to them privately
2. Listen & let them tell you their story
3. Tell them you care about them
4. Directly ask them if they are thinking about suicide
5. Encourage them to seek help
6. Avoid minimizing their issue or downplaying their feelings

**SUICIDE WARNING SIGNS**

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or being in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious, agitated, or reckless
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings.

**CRISIS RESOURCES**

- If you or someone you know is in an emergency, call 911 immediately.
- If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at 1-800-273 TALK (8255)