
BORO SAFE

suicide awareness for everyone • 1-800-273-TALK

SUICIDE IS PREVENTABLE

If you are thinking about suicide, or anyone you know is displaying the warning signs listed below, get help by calling:

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

Warning signs that someone may be thinking about suicide:

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or buying 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
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings