

3 Simple Ways to Help Prevent Suicide

1

Place the **Suicide Lifeline** Phone Number **(800.273.8255)** into your contacts.

2

Share this number with your family members, friends, neighbors and coworkers.

3

Share this information through social media, newsletters, and community presentations.

Zero  **Suicide**

Partners of Pinellas

For more information or to volunteer contact:

LEARN THE WARNING SIGNS OF

SUICIDE

People who take their lives show one or more warning signs by what they say or do.

What they do

- Withdraw from activities
- Recklessness/Risky behavior
- Isolate from family and friends
- Give things away
- Aggression
- Increase use of alcohol or drugs
- Search online for methods to end their lives
- Sleep too much or too little
- Visit or call people to say goodbye

What they say

- Want to die or kill themselves
- Feel hopeless or have no purpose
- Feel trapped and in unbearable pain
- Feel they are a burden to others

What they show

- Any drastic changes in mood
- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger



**Do not ignore the signs of suicide.
Call 1-800-273-8255 for free, 24/7
and confidential support.
Dial 9-1-1 for immediate help.**

Developed on behalf of the Zero Suicide Partners of Pinellas

