

# Suicide affects everyone

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## SUICIDE CAN BE PREVENTED

### THERE ARE WAYS YOU CAN HELP A FRIEND...

Warning signs to look for:

- Marked changes in behavior such as increased talking about death
- Signs the person feels no reason to live, or reason to have hope
- Hints that the person might be considering suicide, such as saying “everyone would be better off without me”
- The person has withdrawn from family, school, friends or work
- The person is vengeful or full of rage, when they are not normally that way



**CALL THE LIFELINE 1-800-273-TALK TO FIND OUT HOW YOU CAN HELP A FRIEND... OR YOURSELF**

**STOP. NOW! AND PUT THE SUICIDE PREVENTION LIFELINE NUMBER IN YOUR CELL PHONE 800-273-TALK**

**HELP IS AVAILABLE**

**YOU CAN MAKE A DIFFERENCE**

For more ways you can help, go to <http://www.polkcountyiowa.gov/health> and click on the Suicide Prevention Lifeline logo