Come Together for Suicide Prevention

- Learn the warning signs of someone who is considering suicide.
- If you have concerns, don’t be afraid to ask someone if they are suicidal.
- Know the risk factors that may lead to suicidal tendencies and thoughts.
- Remove the stigma. It’s ok to talk about suicide and mental health.
- Empower yourself and those around you with the tools, resources, and knowledge to address suicide and help those in need.
- Don’t be afraid to seek help. You DO NOT have to be suicidal to call the Lifeline (1-800-273-8255). This resource is used to discuss substance abuse, loneliness, fear, illness, relationships, and other issues that are impact mental wellness.
- Check-in even when you feel good. Seeking professional help even during good times ensures you maintaining consistent, good mental health.

To learn more about suicide prevention efforts visit the Suicide Prevention Lifeline website at: https://suicidepreventionlifeline.org/