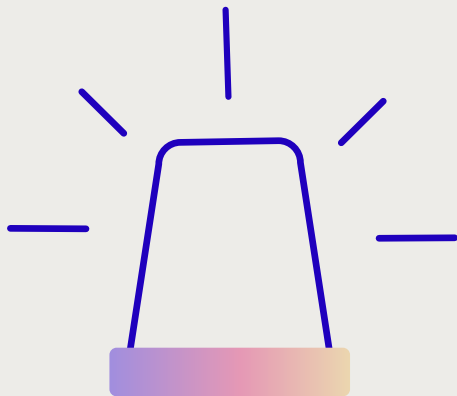


# Know the Signs



## UNDERSTANDING SUICIDE RISK FACTORS

If someone you care about is struggling, these signs may help you know when to reach out.

Support is available 24/7 — call or text 988 or visit [988lifeline.org](https://988lifeline.org).

## WHAT TO WATCH FOR



### Behavioral signs

- Giving away possessions
- Increased use of alcohol or drugs
- Withdrawing from friends, family, or activities
- Disproportionate response to events
- Risky or reckless behavior



### Verbal & emotional signs

- "I can't take this anymore."
- "I wish I could disappear."
- Talking or writing about death
- Feeling indifference, worthless, or like a burden
- Sudden calm after deep distress

## WHAT TO SAY

"Are you thinking about suicide?"  
*(It's okay to ask directly.)*

"I'm really glad you told me.  
Let's figure this out together."

"You don't have to go  
through this alone."

**Psych**HUB

Scan for more support and resources

