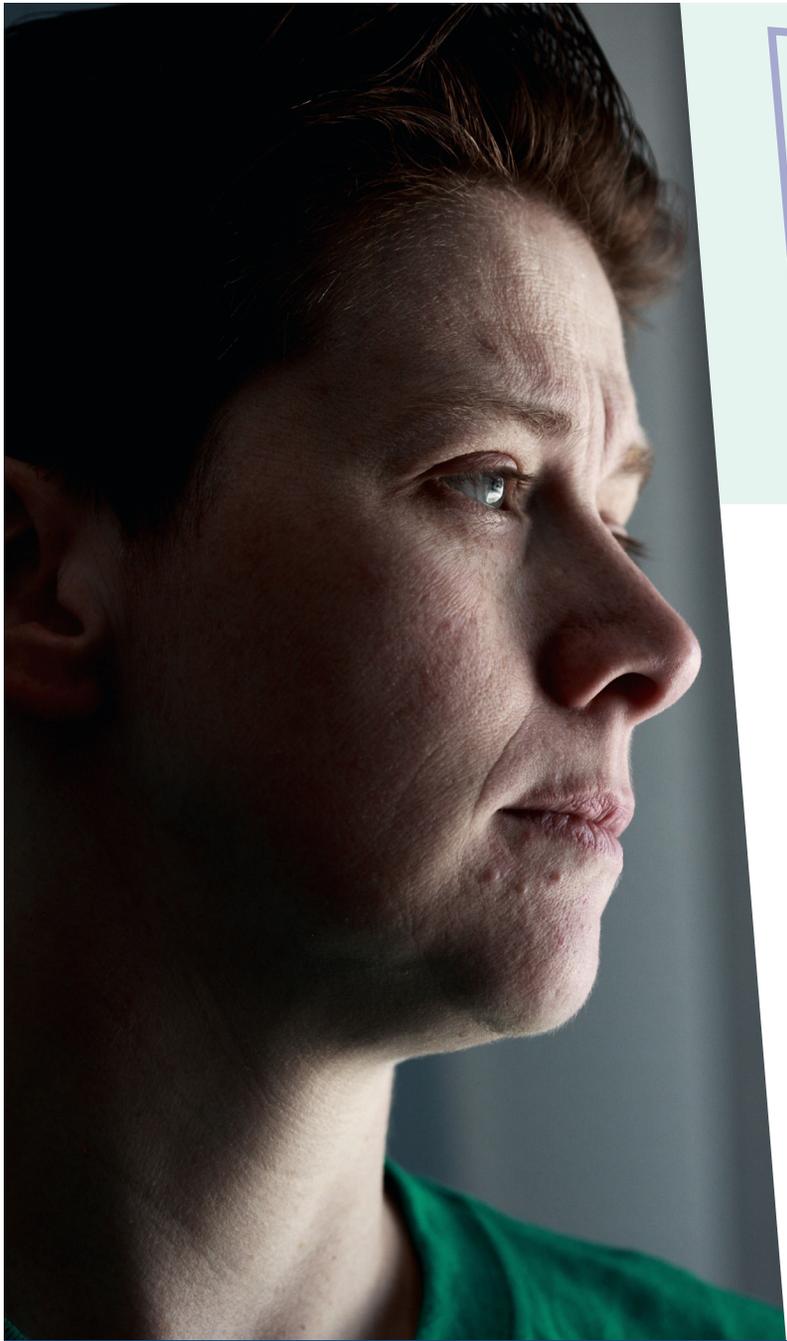


Let's Talk About
Suicide Prevention.
It's everyone's business.

Feeling hopeless or worthless?
Help is available.

Talk to any staff member.
Send a Kite to Health Services.
Be honest about what is going on.
We are here to help.



Let's Talk About
**Suicide
Prevention.**

If you are hurting so bad you don't want to live anymore, let us know because we care and we want to help.

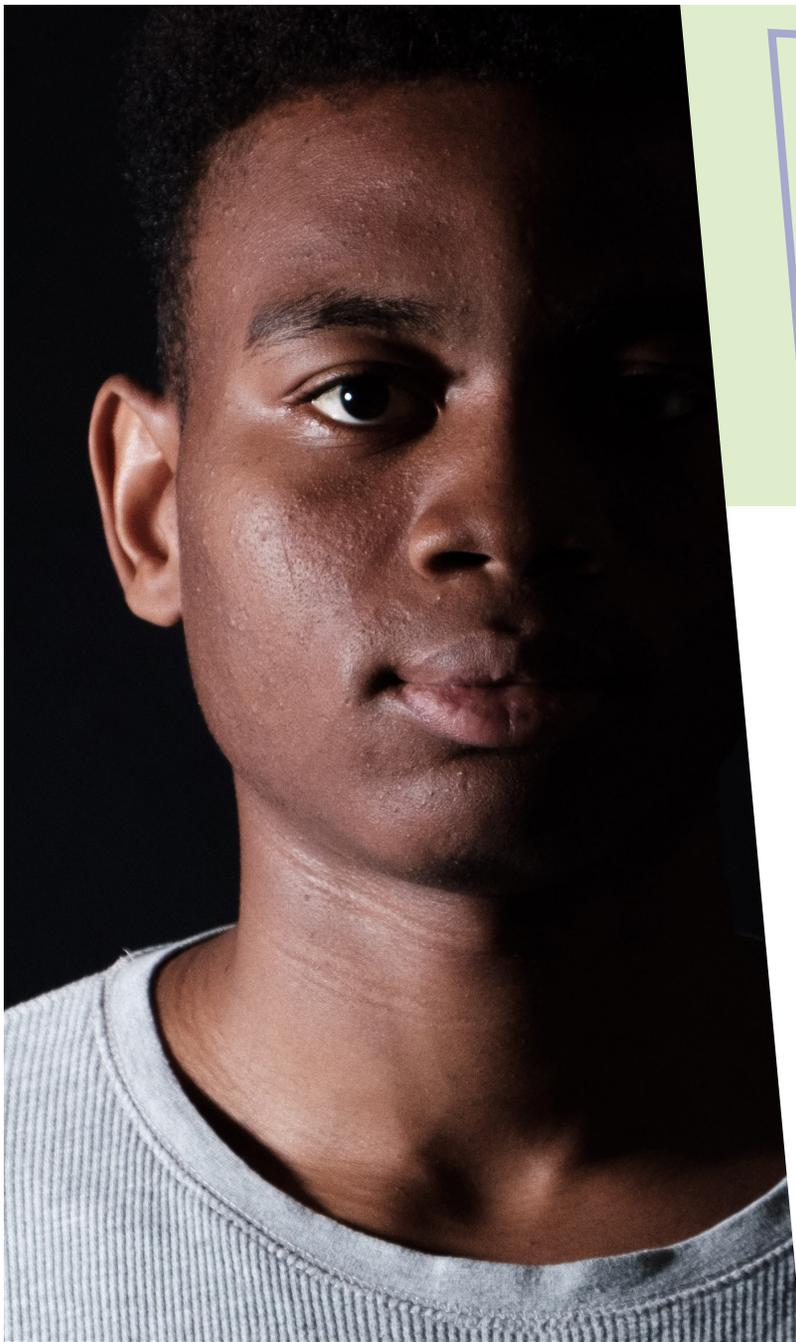
Talk to your doctor.

Talk to any staff member.

Send a Kite to Mental Health directly.

Be honest.

Ask questions.



Are you worried about someone
who might be thinking of suicide?
Speak Up!

If you see something, do something.
Don't wait until it's too late.

Ask: "Are you thinking about suicide?"
Be there. Listen carefully.
Offer support and stay connected.
Tell staff what is going on.

Do I Need Help?

Suicide WARNING SIGNS.

Tell any staff if you or someone you know is experiencing any of these things:

Talking About

Wanting to die.

Great guilt or shame.

Being a burden to others.

Feeling Like

Empty, hopeless, trapped or having no reason to live.

Extremely sad, more anxious, agitated, or full of rage.

Unbearable emotional or physical pain.

Changes in Behavior, Such As

Withdrawing from friends or family.

Making a plan or researching ways to die.

Losing interest in things you like to do.

Giving away belongings.

Extreme mood swings.