Help Prevent Suicide

Take your Friend By the HAND Before Their Hand takes Their LIFE

Learn the warning signs
Ask the questions
Show you care

Warning Signs include:

- Threatening to hurt or kill self
- Looking for ways to kill self
- Seeking access to pills, guns or other means to harm self
- Feeling hopeless
- Talking or writing about death, dying or suicide
- Experiencing rage, uncontrolled anger or seeking revenge
- Increasing alcohol or drug use
- Withdrawing from friends or family
- Feeling like there is no reason for living, no sense of purpose in life
- Sleeping too much or too little
- Having dramatic changes in mood
- Acting reckless or engaging in risky activities
- Feeling trapped, like there is no way out

Know someone who may be thinking about Suicide?
Call for help...

Call 911 or
Crisis Intervention at 717-274-3363

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