



## **Ask a Question,** *Save a Life*

*Be Aware of the  
Warning Signs*

- Talking about suicide or death
- Changes in appetite, sleep
- Drastic changes in behavior
- Social withdrawal
- Loss of interest in usual activities
- Making final arrangements
- Giving away possessions
- Prior suicide attempt
- Risky, self-destructive behavior
- Recent severe losses or stress
- Increased use of alcohol, drugs
- Negative, no reasons for living
- Feels hopeless and helpless

## **Ask a Question,** *Save a Life*

*How to help someone  
who is suicidal:*

- Listen without judging
- Reach out and express  
you care
- Ask directly about suicidal  
intent
- Offer hope and other options
- Remove means, such as  
guns, pills
- Get Help – Don't Wait!

**Suicide Prevention Hotline**  
(614) 221-5445

**Senior Hotline**  
(614) 294-3309

**Teen Hotline**  
(614) 294-3300

**NetCare Access**  
(614) 276-2273  
or 911

Franklin County Suicide  
Prevention Coalition

