



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

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*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

