

Suicide warning signs

Those who are struggling may show changes in:



Talk



Behavior



Mood

Learn more at afsp.org/signs

Suicide is preventable

Knowing what to look for may help save a life

1-800-273-TALK (8255)

Suicide Prevention Lifeline
(Veterans: Press 1)

aetna.com/docfind

Find a mental health
provider online



Text **TALK** to **741741**

Crisis counselors are
available 24/7

Call 911
for emergencies



**American
Foundation
for Suicide
Prevention**