Bravery Tips

Know When to Get Help

Suicide rarely happens without warning. All thoughts of suicide should be taken seriously. Don't be afraid to talk about suicide. You just might save a life by talking about it. Never agree to keep someone's suicidal thoughts or plans a secret; the most important thing you can do is get help. Warning signs include:

1. **TALKING OR WRITING ABOUT DEATH, DYING, OR SUICIDE.**
2. **THINKING ABOUT OR THREATENING SELF-HARM OR SUICIDE.**
3. **SEEKING ACCESS TO MEANS OF SUICIDE, SUCH AS GATHERING PILLS OR WEAPONS.**
4. **GIVING AWAY PRIZED POSSESSIONS.**
5. **HAVING RAGE, ANGER, SEEKING REVENGE, OR BEING AGITATED ALL THE TIME.**
6. **WITHDRAWING FROM FAMILY, FRIENDS, OR REGULAR ACTIVITIES.**
7. **INCREASING USE OF DRUGS OR ALCOHOL.**
8. **ACTING RECKLESSLY OR ENGAGING IN RISKY ACTIVITIES.**
9. **FEELING HOPELESS, HELPLESS, WORTHLESS, OR TRAPPED.**
10. **HAVING A DRAMATIC CHANGE IN MOOD.** This can include someone who suddenly seems better. This sudden change can indicate that they have made their suicide plan.

If you are concerned someone may be suicidal, or are considering killing yourself, **call the National Suicide Prevention Lifeline, 1-800-273-TALK**, to speak to someone right away.

Visit www.braverytips.org for more information on how to get help.