

Tips for Suicide Prevention

Know the risk factors.

- Substance abuse
- Family history of suicide
- History of trauma / abuse
- Stress
- Sleep deprivation

Know the warning signs.

- Talking about suicide
- Aggressive behavior
- Social isolation
- Dramatic mood swings
- Intense feelings of sadness
- Getting affairs in order

Dates to know:

World Suicide Prevention Day

September 10, 2018

National Suicide Week

September 9-15, 2018

