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