You have a friend who's been using marijuana and seems to be struggling. How would you know if he or she is suicidal? Remember the acronym C - A - R - E and watch for these FOUR SIGNS OF SUICIDE:

**Circumstances (life situations)**
- Divorce of parents
- Relationship breakup
- Bullying

**Actions (behaviors)**
- Giving treasured items away
- Reaching out to loved ones to say goodbye
- Suddenly wanting to be closer to God

**Remarks (words)**
- “People would be better off without me.”
- “I’m not going to be around to see it.”
- “I’m done!”

**Emotions (feelings)**
- Extreme sadness or crying
- Depressed state or hopelessness
- Suddenly happy after period of sadness

If these warning signs apply to you or someone you know, get help as soon as possible. Call the National Suicide Prevention Lifeline at 1-800-273-8255 or text HELLO to 74174.


**QUESTION:**
If you have ever considered suicide or know someone who has, where could you go to get help?