

SIGNS OF SUICIDE

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**:



JOHNNY'S
AMBASSADORS

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 YOU HAVE EVER
CONSIDERED SUICIDE OR
KNOW SOMEONE WHO HAS,
WHERE COULD YOU GO
TO GET HELP?**

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.

Research: www.nimh.nih.gov/health/publications/warning-signs-of-suicide

