

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:**

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.

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

QUESTION:

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

REFLECT

