Thinking about suicide?
Talk to someone you trust.

It’s hard to talk about suicide. But it’s okay to talk about it. You can end the pain without ending your life. With help, there is hope.

1-800-273-TALK (8255)

NORTH DAKOTA SUICIDE PREVENTION PROGRAM

NORTH DAKOTA DEPARTMENT OF HEALTH
If you are thinking about suicide, talk to someone you trust, or call the Suicide Prevention Lifeline.

1-800-273-TALK (8255)

If you think someone may be considering suicide, remember to T.A.L.K.
- Tell him you are concerned.
- Ask if she has a plan.
- Listen without judgment.
- Know where to get help.

Learn the warning signs:
- Sadness, withdrawal, hopelessness
- Uncharacteristic anger and moods
- Increased alcohol or drug use
- Change in sleep – too much/too little
- Anxiety, agitation, reckless behavior
- Giving away favorite possessions

If you see any of the warning signs, seek help immediately. Contact a mental health professional or call to break the silence.

1-800-273-TALK (8255)
In an emergency, call 911