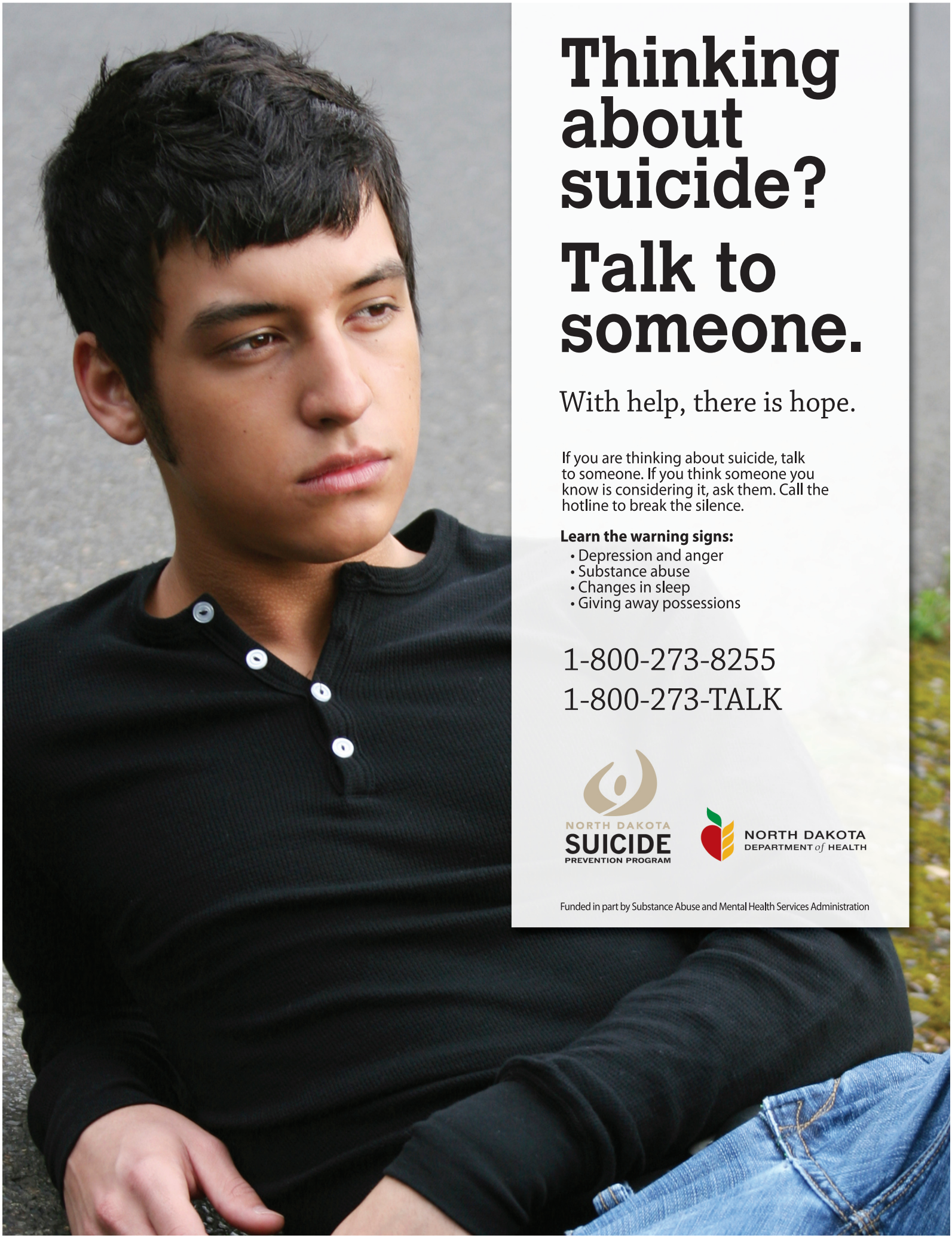

Thinking about suicide?

Talk to someone.

With help, there is hope.

If you are thinking about suicide, talk to someone. If you think someone you know is considering it, ask them. Call the hotline to break the silence.

Learn the warning signs:

- Depression and anger
- Substance abuse
- Changes in sleep
- Giving away possessions

1-800-273-8255

1-800-273-TALK

NORTH DAKOTA SUICIDE PREVENTION PROGRAM

NORTH DAKOTA DEPARTMENT of HEALTH

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