



**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.

- **T**ell him you are concerned.
- **A**sk if she has a plan.
- **L**isten without judgment.
- **K**now 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



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