

WARNING SIGNS OF SUICIDAL BEHAVIOR

- **Increased use of alcohol or drugs**
- **Looking for a way to end their lives, such as searching online for methods**
- **Withdrawing from activities**
- **Isolating from family and friends**
- **Sleeping too much or too little**
- **Visiting or calling people to say goodbye**
- **Giving away prized possessions**

"Suicide most often occurs when stressors and health issues converge to create an experience of hopelessness and despair. Depression is the most common condition associated with suicide, and it is often undiagnosed or untreated. Conditions like depression, anxiety and substance problems, especially when unaddressed, increase risk for suicide." ~ American Foundation for Suicide Prevention

National Suicide Prevention Lifeline: 1-800-273-8255

The above taken from The Connecticut Post, July 15, 2018, page A19