

# Suicide prevention

is possible *when we know the signs*



**Suicide occurs when a person experiences a combination of complex behaviors, emotions, and thought.**

**Let's learn the signs of suicide and how to take action!**

## When is someone in immediate suicidal crisis?

- When they talk about wanting to die or kill themselves
- They threaten to hurt or kill themselves
- They search for a way (means) to kill themselves

## Often the behaviors of a suicidal person are new or have increased

- Have you noticed a change?
- Has something happened to make this person feel stressed?

**When you see signs or need help, call or text:**



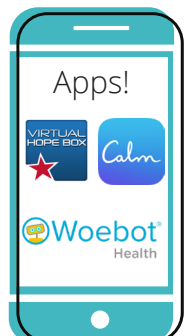
**VT CRISIS TEXT LINE**  
In A Crisis? Text VT to 741741

## What are the warning signs?

- Hopelessness
- Unbearable emotional pain
- Finding no reasons to live
- Feeling no sense of purpose to life
- No dreams for the future
- Anxious, agitated (unsafe or reckless behaviors)
- Dramatic or extreme changes in mood
- Isolation
- Increased alcohol or drug use
- Sleeping too much — or too little
- Feeling like they are a burden on others
- Feelings of anger, rage, hostility

## Let's Take Action!

- Talk to someone you trust
- Call First Call for Chittenden County at **802-488-7777**
- Call or text the National Suicide & Crisis Lifeline by dialing **988**



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