

WARNING SIGNS OF SUICIDE

Most people who attempt suicide give warning signs. It's important to know what they are.



- Talking about death, dying, or suicide
- Withdrawal from family and friends
- Drop in school or work performance
- Abuse of drugs or alcohol
- Self-injury
- Changes in eating or sleeping habits
- Prolonged sadness, feelings of hopelessness, or guilt
- Giving away important possessions
- Thoughts of harming oneself or death
- Looking for ways to die
- Rage or anger

SHEBOYGAN COUNTY RESOURCES

Emergencies

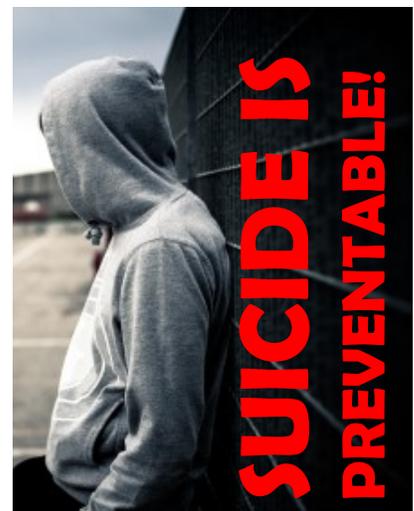
- Police/Sheriff **911**
- 24 hour Mental Health Crisis Line
(920) 459-3151
- Go to the emergency room of a local hospital

Information/referrals

- Mental Health America in Sheboygan County
(920) 458-3951
www.mhasheboygan.org



7/12 MHA



**Sheboygan County Mental Health
Crisis Line
(920) 459-3151
Available 24 hours a day**

WHAT CAN YOU DO IF YOU ARE CONCERNED ABOUT A FRIEND OR FAMILY MEMBER?

LISTEN

Take all threats of suicide seriously.

BE DIRECT

Talk about suicide. Ask the question: "Are you considering taking your own life?"

CARE

Communicate your concern.

CALL FOR HELP

The county's Mental Health Crisis Line is available 24 hours a day, 365 days a year.

Sometimes you may feel so depressed that you have thoughts of ending your life.

If this sounds like you, get help. There is no need to feel embarrassed or ashamed about seeking help!

It is important to talk to someone about what you are feeling, especially if suicidal thoughts don't go away. Reach out to someone you trust—a counselor, pastor, doctor, coach, or family member.



Are you feeling overwhelmed by problems or thoughts that won't go away?

SUICIDE IS NEVER THE ANSWER!

Suicide is forever.

Suicide is preventable.

Help is available from trained professionals.

Call (920) 459-3151

YOU CAN FEEL BETTER AGAIN!