She posted online every day, but then she stopped all communication. On her Facebook page, she had taken down all the pictures of her family. She started posting quotes and poems about death.

Suicide is Preventable”

ReCOgnIZE It.
Withdrawing from friends and family or activities they once enjoyed can be a sign of suicide.

TaLK About It.
“Are you thinking of ending your life?”
When it comes to suicide prevention, no other conversation is more important.

ACT On It.
Some secrets are not meant to be kept. Talk to a trusted adult to get help.

Learn more at: www.RecognizeTalkAct.org

FOR HELP 24/7
National Suicide Prevention Lifeline: 1-800-273-TALK (8255)
EnEspanol: 1-800-799-4889 For Deaf & Hard of Hearing: 1-800-799-4889
Crisis Text Line: Text TALK to 741741