

Recognize. Talk. Act.

Suicide is Preventable

“

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.

”

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)**

EnEspañol: **1-800-799-4889** For Deaf & Hard of Hearing: **1-800-799-4889**

Crisis Text Line: Text **TALK to 741741**