

# Recognize. Talk. Act.

Suicide is Preventable

“

He started sleeping all the time, and just stopped caring about how he looked. He just stopped showing up and wasn't present anymore.

”

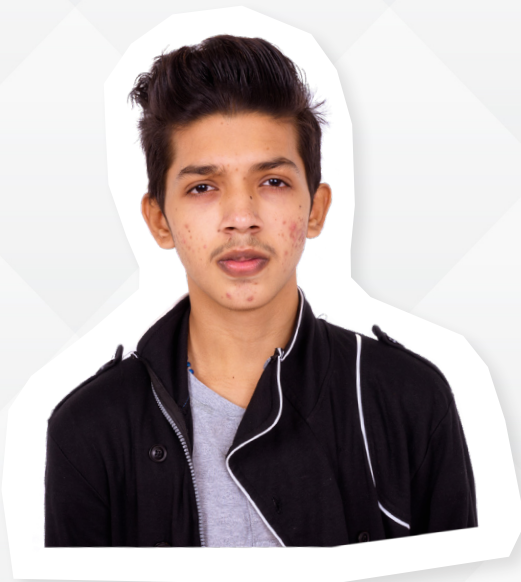
**RECOGNIZE**  
It.

Changes in sleep patterns and appearance can be a sign of suicide risk.



**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](http://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**