

Recognize. Talk. Act.

Suicide is Preventable

“

She started complaining about feeling bad all of the time with headaches, stomach pains, and fatigue... and then she became withdrawn. It just seems like she was unable to cope with things.

”

RECOGNIZE
It.

An increase in pain or physical symptoms that are vague with no apparent cause, 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**