

# prevent suicide

C O L U M B I A C O U N T Y

PARTNERS SAVING LIVES IN WISCONSIN

## Know the warning signs

[www.PreventSuicideColumbiaCounty.org](http://www.PreventSuicideColumbiaCounty.org)

**In a crisis? Call 1-888-552-6642**

Northwest Connections Helpline  
is **FREE**, confidential,  
and available 24 hours a day.

### **GET HELP**

for a loved one,  
a friend, or yourself.

**Call 1-888-552-6642**

# Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased, and if it seems to be related to a painful event, loss, or change. Take all signs seriously and get help immediately.

- Talk of suicide or death
- Depression, hopelessness, anxiety, problems with sleep, and/or feeling like a burden on others
- Withdrawal from family and friends
- Increased risk taking
- Increased use of alcohol or other drugs
- Looking for a way to die, such as searching online, buying a gun, or stockpiling pills
- Giving away possessions; saying goodbye
- Extreme mood swings and/or changes in personality

**Suicide is Preventable**

**Call Northwest Connections 1-888-552-6642**

**With Help Comes Hope**