



## YOU CAN SAVE A LIFE!

- **Start the conversation about mental health and substance abuse.** Recognize the warning signs, find out what local resources are available, and refer people to help. Give hope.
- **Get trained in QPR** (Question, Persuade and Refer) suicide prevention. Contact us to attend or host this free 90-minute training to learn three steps anyone can take to save a life.
- **Lock your guns and prescription drugs.**
- **Join us, volunteer, or make a tax-deductible donation.**

## CONTACT US:

Prevent Suicide Columbia County  
Columbia County Health and Human Services  
111 E Mullett Street  
Portage, WI 53901  
(608) 742-9751 | [Div.of.Health@co.columbia.wi.us](mailto:Div.of.Health@co.columbia.wi.us)  
[www.preventsuicidecolumbiacounty.org](http://www.preventsuicidecolumbiacounty.org)

## PREVENT SUICIDE COLUMBIA COUNTY

## PARTNERS SAVING LIVES IN WISCONSIN



**National Suicide  
Prevention Lifeline:  
Call or Text 988**

prevent suicide<sup>®</sup>  
COLUMBIA COUNTY

PARTNERS SAVING LIVES IN OUR STATE

If you or someone you  
know is in crisis, call  
**Northwest Connections**  
at **888-552-6642** to  
reach the crisis line.

### Additional Resources

National Suicide Prevention:  
Call or Text 988

The Trevor Project  
(LGBTQIA+):  
Call (866) 488-7386

Veteran's Suicide  
Prevention Line:  
Call 988 then Press 1

YOUR WORLD NEEDS YOU!



## OUR MISSION

To prevent suicide through awareness, education, collaboration, and improved access to mental health care, and to support those who have lost a loved one to suicide



## PREVENT SUICIDE COLUMBIA COUNTY

Prevent Suicide Columbia County is a coalition of community representatives, including public health, school staff, law enforcement, social services, mental health care providers, local government representatives and health care providers.

## OUR VISION

Our vision is a suicide-free community where people will recognize the warning signs, intervene and help individuals find hope.



## WARNING SIGNS OF SUICIDE

**01.**

Talk about suicide or death

**02.**

Depression, hopelessness and/or anxiety

**03.**

Withdrawal from family and friends

**04.**

Increased risk-taking

**05.**

Increased alcohol or other drug use

**06.**

Dramatic changes in personality

**07.**

Looking for a way to commit suicide, such as searching online or seeing access to firearms, pills or other methods

**08.**

Putting one's affairs in order: giving away prized possessions or calling and visiting people to say goodbye