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Community crisis centers answer Lifeline calls.



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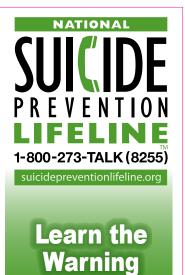


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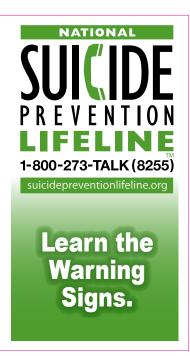
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Suicide Warning Signs

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 related to a painful event, loss, or change.

- kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a gun.
- Talking about feeling hopeless or having no reason to live.
- Talking about feeling trapped or in * unbearable pain.
- Talking about being a burden to others.
- Talking about wanting to die or to * Increasing the use of alcohol or drugs.
 - Acting anxious or agitated; behaving recklessly.
 - Sleeping too little or too much.
 - Withdrawing or feeling isolated.
 - Showing rage or talking about seeking revenge.
 - Displaying extreme mood swings.

Suicide Is Preventable.

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With Help Comes Hope

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