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CHANGING LIVES



a program of



IdahoSuicidePrevention.org
Facebook.com/IdahoSuicidePrevention
1-800-273-TALK [8255]
Business Office: 208-258-6990



Idaho
Suicide
Prevention
Hotline

Feeling Down? Call or Text:

(208) 398-HELP [4357]

FREE, Confidential, and Always Available

Help a loved one, friend, or yourself. You don't have to be suicidal to use the Hotline; anyone is welcome.

SUICIDE WARNING SIGNS

Seek help as soon as possible by contacting a mental health professional, or by calling or texting **208-398-4357** if you or someone you know exhibits the following signs:

- Talking about wanting to die or to 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.
- Increasing the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawn or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.
- Preoccupation with death.
- Suddenly happier, calmer.
- Loss of interest in things one cares about.
- Visiting or calling people to say goodbye.
- Making arrangements; setting one's affairs in order.
- Giving things away, such as prized possessions.
- Themes of death or depression in conversation, writing, reading or art.

