

What to Do If You See the Signs

If you see signs that a friend or loved one is considering suicide, you should:

CONNECT with them immediately. Start by stating the behaviors you've seen, without judgment. Then, begin exploring why the person is behaving the way they are.

ENCOURAGE them to seek professional help. Help them schedule an appointment with a Behavioral Health provider or seek immediate assistance.

PERSIST in normalizing conversations about mental health. If your friend or loved one doesn't recognize that they have a problem, talk to them again - and tell someone else if necessary.

Suicide Prevention Resources

If you or someone you love is considering suicide, reach out to one of the following resources:

- National Suicide Prevention Hotline: **800-273-8255**
- Crisis Text Line: **Text HOME to 741741**
- Madera County Behavioral Health Hotline: **888-275-9779**
- TrevorLifeline: **1-866-488-7386**

For additional support, reach out to:

- Camarena Health Behavioral Health Services: **559-664-4000**
- Madera County Behavioral Health Services: **(559) 673-3508**
- Victim Service Center: **559-661-1000**

Know the Signs of Suicide

We can't avoid the conversation any longer. Here's how you can help.

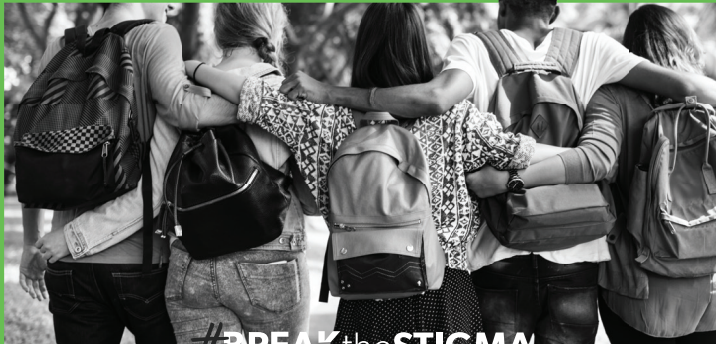


#BREAKtheSTIGMA

 **CAMARENA
HEALTH**

Know the Signs. Be a Support.

1 in 5 Teens Will
Experience a
Mental Health
Issue



#BREAKtheSTIGMA

The Signs of Suicide

The following warning signs might indicate that a person is considering suicide:

- Talking about suicide or suicidal thoughts.
- Seeking the means to kill themselves (including procuring a gun or pills).
- Withdrawing from social contact and activities.
- Being preoccupied with death, dying, or violence.
- Expressing feelings of hopelessness or despair.
- Talking about being a burden to others.
- Acting anxious, agitated, or reckless.
- Displaying extreme mood swings.

What to Do If You Are Feeling Suicidal

If you are feeling suicidal, reach out to a friend, loved one, or professional NOW. If you need immediate assistance, refer to the list of resources on the back page.