

## 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.

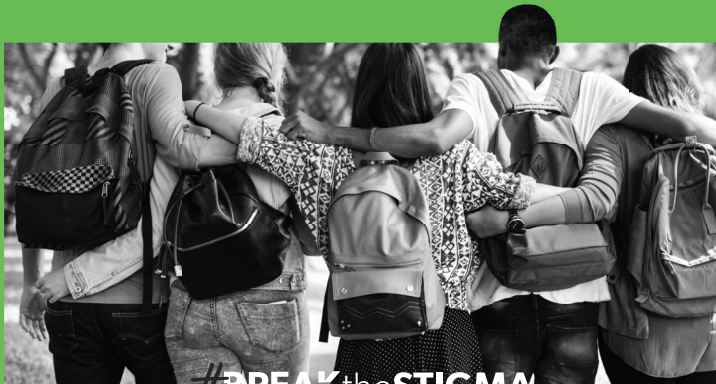


#**BREAK**the**STIGMA**

 **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.