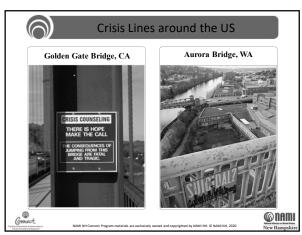
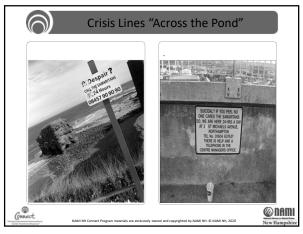
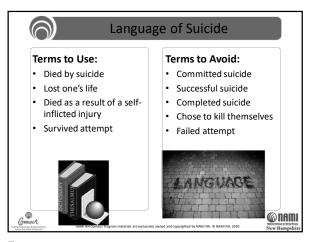


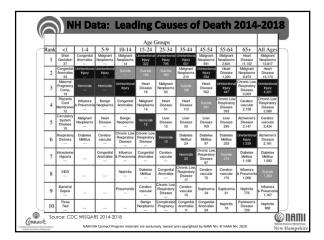


Recognize, Connect! **Talking about Suicide is the First Step to Preventing Suicide! ©** NAMI

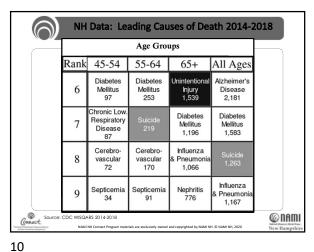


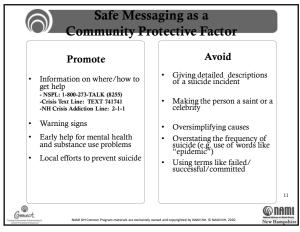


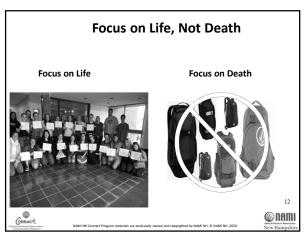




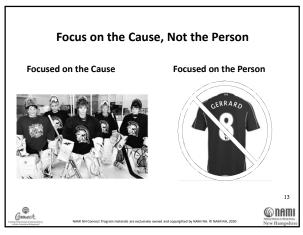
Age Groups					
Rank	10-14	15-24	25-34	35-44	45-54
1	Malignant Neoplasms 14	Unintentional Injury 322	Unintentional Injury 795	Unintentional Injury 601	Malignant Neoplasms 891
2	Suicide 	Suicide 154	Suicide 183	Malignant Neoplasms 210	Unintentiona Injury 594
3	Unintentional Injury 	Heart Disease 18	Malignant Neoplasms 60	Suicide 198	Heart Disease 562
4	Congenital Anomalies	Malignant Neoplasms 14	Heart Disease 51	Heart Disease 113	Suicide 281





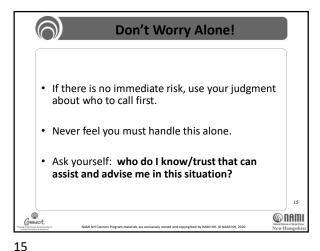


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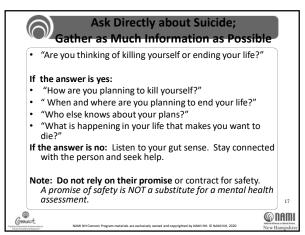


Suicide Warning Signs Seek help as soon as possible by contacting a mental health professional or by calling the National Suicide Prevention Lifeline at 1-800-273-TALK if you or someone you know exhibits any of the following signs: ■ Threatening to hurt or kill oneself Acting reckless or engaging in risky activities—seemingly without or talking about wanting to hurt or kill oneself thinking Looking for ways to kill oneself by seeking access to firearms, available pills, or other means ■ Feeling trapped—like there's no ■ Increasing alcohol or drug use Talking or writing about death, Withdrawing from friends, family, and society dying, or suicide when these actions are out of the ordinary for the Feeling anxious, agitated, or unable to sleep or sleeping all the time ■ Feeling hopeless Experiencing dramatic mood Feeling rage or uncontrolled anger or seeking revenge changes ■ Seeing no reason for living or having no sense of purpose in life **©**namı

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Who Would You Talk to if You Were Worried about Someone? School Police/ Law Counselor/ Enforcement, Administrator; School Resource Student Principal; Bus Assistance Officer Driver; Coach; Counselor/ Custodian; Cafeteria School Nurse Staff Clergy or Medical Social Service Counselor or Faith-Based Personnel Therapist Agency Organization (i.e. PCP, or EMS) Neighbor or Friend of the Employer, if The Person or their Person Working Family Member Person NH Crisis Suicide Lifeline: Crisis Text Line: Community 1-800-273-TALK Organization Addiction TEXT 741741 Line: 2-1-1 @nami



Stay Connected with the Person, if Possible The person turned to you because he/she trusted you. http://www.youtube.com/watch?v=3BByqa7bhto&feature=youtu.be @ nami

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