

Look for the following warning signs of severe depression and a possible suicide attempt.



- Threatening or talking of wanting to hurt or kill him/herself
- Looking for ways to kill him/herself by see access to firearms, available pills, or other means
- Talking or writing about death, dying, or suicide
- Displaying hopelessness
- Expressing rage or uncontrolled anger
- Acting recklessly or engaging in risky activities, seemingly without thinking
- Expressing feelings of being trapped—like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends and family
- Exhibiting anxiety and/or agitation
- Experiencing disturbances in sleep patterns (e.g., unable to sleep or sleeping all the time)
- Displaying dramatic mood changes
- Giving away prized possessions
- History of previous suicide attempts or suicidal behaviors

If you or someone you know is experiencing one or more of these symptoms, **tell someone immediately** and/or contact the National Suicide Prevention Lifeline at

**1-800-273-TALK (1-800-273-8255)**

For information about suicide prevention, contact the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) Anytime 24/7 or [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)



Mike Prah Ministries  
Hope. Grace. Mercy

## SEE REVERSE FOR QUESTIONS THAT CAN SAVE A LIFE ASK, CARE, EMBRACE

	In the Past Month
1) Have you wished you were dead or wished you could go to sleep and not wake up?	
2) Have you had any thoughts about killing yourself?	
If YES to 2, answer questions 3, 4, 5 and 6 If NO to 2, go directly to question 6	
3) Have you thought about how you might do this?	
4) Have you had any intention of acting on these thoughts of killing yourself, as opposed to do you have the thoughts but you definitely would not act on them?	
5) Have you started to work out or worked out the details of how to kill yourself? Do you intend to carry out this plan?	
Always Ask Question 6	In the Past 3 Months
6) Have you done anything, started to do anything, or prepared to do anything to end your life?	
Examples: Collected pills, obtained a gun, gave away valuables, wrote a will or suicide note, held a gun but changed your mind, cut yourself, tried to hang yourself, etc.	

Any YES must be taken seriously. Seek help

If the answer to 4, 5 or 6 is YES, immediately ESCORT to Emergency for care or

Call 1-800-273-8255 or text 741741 or call 911

DON'T LEAVE THE PERSON ALONE  
STAY ENGAGED UNTIL YOU MAKE  
A WARM HAND OFF TO SOMEONE  
WHO CAN HELP

