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warning signs of suicide

You can help keep yourself and your loved ones safe.

KNOW THE WARNING SIGNS:

- 1 Feeling worthless, empty, or trapped, and experiencing extreme mood swings
- 2 Withdrawing from friends and family
- 3 Increasing use of substances like drugs and alcohol
- 4 Expressing hopelessness or wanting to die
- 5 Giving away beloved items
- 6 Eating or sleeping more or less

HELPING A LOVED ONE.

- **Be there.** Your presence alone can keep your loved one safe.
- **Ask.** Encourage your loved one to talk to you and express how they are feeling.
- **Connect.** Help your loved one contact support services like the National Mental Health Hotline (988) and Sheppard Pratt's Psychiatric Urgent Care (410-938-5302).
- **Remember: stress is normal.** Help your loved one deal with stress in healthy ways like exercising, seeing a therapist, meditating, and getting plenty of sleep.
- **Follow up.** Even if your loved one seems to be doing well, check in. Our struggles are not always visible.

YOU ARE NOT ALONE. HELP IS ALWAYS AVAILABLE.

Call, text, or chat the 24/7 988 Suicide and Crisis Lifeline.

Trained counselors are standing by to assist those experiencing a suicidal, substance use, or mental health crisis.

Sheppard Pratt's Psychiatric Urgent Care

clinics in Towson and Elkridge provides immediate psychiatric triage for those in need. Visit [sheppardpratt.org](https://www.sheppardpratt.org) to learn more.

Sheppard Pratt's Care Navigation Team

provides free behavioral health screenings, referrals, and outpatient appointment scheduling. Call **410-938-5000** to speak with a Care Navigator.



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