

IT'S OKAY TO ASK FOR HELP.



STOP SUICIDE ICT
a community collaborative

YOU ARE NOT ALONE.



Text to 741741



Chat at [ImAlive.org](https://www.ImAlive.org)



Suicide Prevention Hotline:
1-800-273-TALK
TrevorLifeLine (LGBTQ):
1-866-488-7386
Local Hotline:
316-660-7500

WARNING SIGNS

- ✓ Increased anger or irritability
- ✓ Losing the desire to take part in favorite activities
- ✓ Lose interest in school or sports
- ✓ Talking or thinking about death
- ✓ Giving hints about not being around anymore
- ✓ Talking about feeling hopeless or feeling guilty
- ✓ Pulling away from friends or family
- ✓ Writing songs poems or letters about death or loss
- ✓ Starting to give away possessions to siblings or friends
- ✓ Having trouble concentrating or thinking clearly
- ✓ Changes in eating or sleeping habits
- ✓ Engaging in risk taking activities

If you recognize these signs in yourself or a friend, tell someone. Help is available. Talk to your parents, a trusted friend or adult, or reach out.