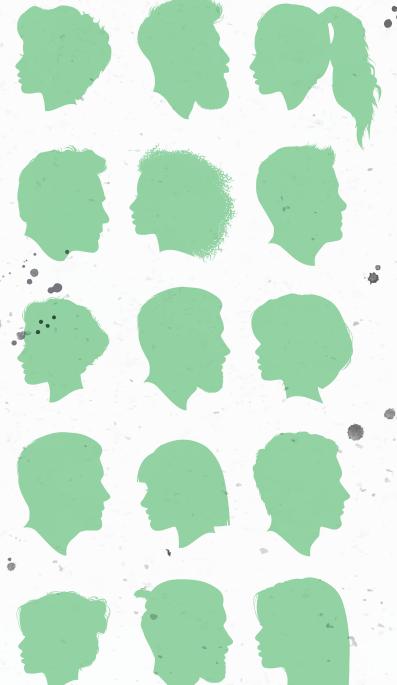
Know the Signs



Most suicidal people show signs that they are thinking about suicide. Know the signs, start the conversation, and get help. One small act can make a difference.

- 1. Withdrawal
- 2. Depression/Anxiety
- 3. Reckless Behavior
- 4. Loss of Interest
- 5. Neglect of Personal Appearance
- 6. Substance Abuse
- 7. Giving Away Belongings

Together we can prevent suicide.
Just Talk About It.

TALK Available 24 hours every day ALABAMA PUBLIC HEALTH alabamapublichealth.gov/suicide

988 SUICIDE & CRISIS LIFELINE