

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.



Call or text 988

Available 24 hours every day

ALABAMA **PUBLIC HEALTH**
alabamapublichealth.gov/suicide

