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