

Suicide – What you should know.

If you or someone you love are having thoughts of suicide; Call the National Hopeline Network at 1-800-SUICIDE (1-800-784-2433).

Some people with depression may think of suicide.

- Thoughts of suicide may not go away on their own. It is a sign that you should get help.

If you are thinking about suicide

- Call 911. Get help right away before you act on these thoughts.
- Talk with your doctor.
- Do not stay alone .

Things that may help when you feel down

- Get treatment.
- Talk to someone you trust like your therapist, a family member, or a friend.
- Make sure you are taking your medicine as prescribed.
- Stay away from street drugs and alcohol.
- Do something with your family or friends even if you feel like being alone.

This is general information only. Call your doctor for more information.

For More Information:

<https://www.psychiatry.org/patients-families/suicide-prevention>