

RESOURCE NUMBERS

Available 24/7, 365 days

1-800-273-TALK

1-800-SUICIDE

Lincoln Trail
Behavioral Health System
1-800-274-7374

Pennyroyal RESPOND
1-877-473-7766

River Valley Crisis Line
1-800-433-7291

www.suicidepreventionlifeline.org

www.REACHOUT.com

text4life

Text **confide** to 839863



Hopkins County Schools

Every Child • Every Effort
• Every Day

Suicide Prevention & Information

Suicide is a leading cause of death among Kentuckians, yet one of the most preventable. Know the facts, save a life.

TO SAVE A LIFE

- TALK to a trusted adult as quickly as possible.
- Realize someone might be suicidal.
- Reach out. Asking DOES NOT increase risk.
- Listen. Talking things out can save a life.
- Don't try to do everything yourself. Get others involved. Contact a teacher or counselor at your school.
- Don't promise secrecy, and don't worry about being disloyal.
- If persuasion fails, call your mental health center, local hotline, or emergency services.

In compliance with SB 65 and HB 51.

WARNING SIGNS

- Threatening or talking about hurting or killing oneself.
- Seeking access to firearms, available pills, or other means.
- Talking or writing about death, dying, or suicide.
- Feeling hopeless.
- Feeling rage, uncontrolled anger, or seeking revenge.
- Acting reckless or engaging in risky activities.
- Feeling trapped - like there's no way out.
- Increasing alcohol or drug use.
- Withdrawing from friends, family, and society.
- Feeling anxious or agitated, unable to sleep, or sleeping all the time.
- Experiencing dramatic mood changes.
- Seeing no reason for living or having no sense of purpose in life.

www.kentuckysuicideprevention.org

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