

**MANY PEOPLE SUFFER
FROM ANXIETY,
DEPRESSION, AND
SUICIDAL THOUGHTS
IN SILENCE**



And the **WARNING SIGNS of
suicide often go unnoticed...**

- Giving away prized possessions.
- Withdrawal from family and friends.
- Sudden change in appearance/personality/sleep habits.
- Poor performance at work.
- Feeling disconnected/overwhelming.
- Excessive risk taking.
- Rage or talking about seeking revenge/being a burden to others.
- Increased used of alcohol or drugs.

MENTAL HEALTH IS SERIOUS...

DON'T WAIT! CALL OR TEXT 988