

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 1-800-273-8255
Available 24 hours every day
ALABAMA PUBLIC HEALTH
alabamapublichealth.gov/suicide

