

HELP = HOPE

LANE COUNTY SUICIDE PREVENTION PROGRAM

Warning signs of depression & suicide may include:

- Prolonged mood & behavior changes
- Feeling hopeless or no sense of purpose
- Withdrawing from friends, family
- Reckless behavior
- Change in appetite or sleep patterns
- Anger/irritability
- Anxiety/agitation
- Talking or writing about death, suicide
- Seeking access to guns, pills
- Alcohol or drug abuse



TO HELP A FRIEND, REMEMBER TO:

Ask

- Talk to your friend and ask him or her if they are feeling down, thinking of hurting themselves or thinking about suicide
- **LISTEN** and do not judge their feelings.

Seek Help

- Tell your friend that you care and will help her or him get help.
- Then talk to an adult—like a teacher, counselor, mentor or parent—or call the number below.



Crisis

White Bird: **541-687-4000** (Local) **1-800-422-7558** (Toll-free)

Information/Resources

www.preventionlane.org/suicide.htm

Attach
business card
holder
here



preventionlane
www.preventionlane.org