

## September is National Suicide Prevention Month!

The Wisconsin Poison Center has seen an increase in intentional harm cases. Learn more about the warning signs below to help prevent suicide in your community.



**Wisconsin  
Poison Center**  
Serving people of all ages.

### **TALKING ABOUT:**



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

### **FEELING:**



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

### **CHANGING BEHAVIOR, SUCH AS:**



- ▷ Making a plan or researching ways to die
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Withdrawing from friends, saying goodbye, giving away important items, or making a will
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

**If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.**

**988 Suicide & Crisis Lifeline**  
Call or text 988  
Chat at [988lifeline.org](https://www.988lifeline.org)

**Crisis Text Line**  
Text "HELLO" to 741741

[www.nimh.nih.gov/suicideprevention](https://www.nimh.nih.gov/suicideprevention)

**Questions? Call the Poison Center!**

**1-800-222-1222**