RECOGNIZE THE WARNING SIGNS

Call 9-1-1 if:
- A suicide attempt has been made
- A weapon is present during a suicide crisis
- The person is out of control or if your safety is threatened

Take immediate action and call 1-888-552-6642 if someone:
- Makes a serious threat to kill themselves
- Looks for a way to carry out a suicide plan
- Talks about death or suicide in text messages, social media, etc.
- Gives away their possessions

Call 1-888-552-6642 if someone exhibits uncharacteristic behavior:
- Depression/Hopelessness
- Withdrawal from family/friends
- Rage, anger, or seeking revenge
- Anxiety, agitation, or sleep irregularity
- Reckless or risky behavior
- Dramatic mood changes
- Alcohol or drug use
- Expressions of no reason for living or no sense of purpose

FOR MORE INFORMATION

In case of emergency, call 9-1-1

Northwest Connections Crisis Line
Call: 1-888-552-6642

National Suicide Prevention Lifeline
Call: 1-800-273-8255
Text: "Hello" to 741741

Hopeline
1-800-SUICIDE (784-2433)

The Trevor Project
866-488-7386 thetrevorproject.org

TeenCare Crisis Intervention Program
Call: 1-800-491-8336
Text: 715-505-4582

Polk County Community Services
100 Polk County Plaza
Balsam Lake, WI 54810
https://www.co.polk.wi.us/
715-485-8400

MAKE YOUR HOME SUICIDE-SAFE

Prevent suicide through means restriction
IS YOUR HOME SUICIDE-SAFE?

Take these actions to restrict access to lethal means of suicide.

**Medications**

*Lock and limit.*
3 in 5 teens say prescription drugs are EASY to get from their parents' medicine cabinets.

**Firearms**

*Remove, Lock.*
More than half of all suicide deaths result from a gunshot wound.

**Support**

*Listen and Act*
9 out of 100 high school students attempted suicide in the past 12 months.

**Alcohol**

*Monitor Closely*
Substance use makes youth more likely to choose lethal means, such as guns.

**Poisons**

*Take Precautions*
Intentional exposure to poisons are more likely to result in serious or fatal outcomes.