



nami

National Alliance on Mental Illness

Southeast
Indiana

Suicide Prevention Resources:

- NATIONAL LIFELINE [SUICIDEPREVENTIONLIFELINE.ORG](https://www.suicidepreventionlifeline.org) 800-273-8255(TALK)
 - CRISIS CHAT LINE TEXT HELP TO 741-741
- SE IN PSYCHIATRIC CRISIS LINE & SAME DAY SERVICES
CMHC 812-537-1302, 877-849-1248 [CMHCINC.ORG](https://www.cmhcinc.org)
- NAMI HELPLINE 800-950-NAMI (6264) [NAMI.ORG](https://www.nami.org)

WARNING SIGNS OF SUICIDE

- Suicide threats or plans
- Previous suicide attempts
- Alcohol and drug abuse
- Statements revealing a desire to die
- Sudden behavior changes, recklessness
- Prolonged depression, isolation
- Changes in sleeping or eating
- Recent loss or change
- Making final arrangements
- Giving away prized possessions
- Purchasing a gun or stockpiling pills

YOUTHSUICIDE
WARNINGSIGNS.ORG