

CONCERNED ABOUT A FAMILY MEMBER OR FRIEND?



Are they thinking about suicide?

Do they:

- Talk about wanting to die
- Feel trapped or in unbearable pain
- Worry about being a burden to others
- Feel hopeless or feel they have no reason to live
- Withdraw or isolate themselves
- Increase the use of alcohol or drugs
- Feel anxious or agitated; behave recklessly
- Show rage or talking about seeking revenge
- Have extreme mood swings

NEED HELP?

Dial 2-1-1 to get connected

SUICIDES IN FLORIDA FAR OUTNUMBER HOMICIDES

SUICIDE ATTEMPTS WITH GUNS ARE FAR MORE DEADLY THAN OTHER METHODS

FIREARMS ARE THE LEADING METHOD OF SUICIDE IN FLORIDA

HELP SAVE A LIFE

- Ask directly if they are thinking about suicide and listen.
- Putting time and distance between a person thinking about suicide and a gun may save a life.
- Offer to store a firearm for your loved one until they are feeling well.
- Encourage them to keep their firearm unloaded and locked.

NEED HELP? Dial 2-1-1
to get connected



For other ways to get help, contact the
National Suicide Prevention Lifeline:

Text **741741** or

Call **1-800-273-TALK [8255]**

For Veterans, PRESS "1"

