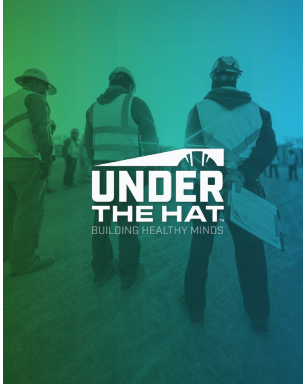


# How to Spot the Signs of Suicide Risk

[UndertheHat.com](http://UndertheHat.com)





Warning signs can be subtle and vary person to person. Pay attention to things like:

- Jokes about taking their lives
- Suggestions that they are a burden
- Extreme mood swings
- Withdrawal from activities or friends
- Increased drug and/or alcohol use
- Giving away important items



If you or someone you know is struggling, support is available.



If you think someone is at risk of suicide:

- **If someone is at imminent risk of self-harm, call 911 emergency services immediately.**
- In a private setting, express concern and calmly ask if they are thinking about suicide.
- Let them know you care and encourage them to seek help.
- **Connect them to resources:**

**USA/Canada Suicide Lifeline:** Call/text **988** or **EAP**  
**Mexico CADI:** 55-8842-7862



Scan to get started

[UndertheHat.com](https://www.UndertheHat.com)