



**REACH OUT.
FIND HOPE.**

What if you could start a conversation that changed a life?

If you're concerned about someone who is going through a difficult time, facing a crisis, or having thoughts of suicide, *reach out*.

Know these warning signs:

- Displaying extreme mood swings
- Withdrawal or isolation
- Increased use of alcohol or drugs
- Talking about being trapped, hopeless, or in unbearable pain
- Talking about wanting to die or looking for ways to kill oneself

You can help. Call, text, or click today.

CALL: 703.527.4077

TEXT: "CONNECT" TO 85511

www.SuicidePreventionNVA.org





**REACH OUT.
FIND HOPE.**

What if you could start a conversation that changed a life?

If you're concerned about someone who is going through a difficult time, facing a crisis, or having thoughts of suicide, *reach out*.

Know these warning signs:

- Displaying extreme mood swings
- Withdrawal or isolation
- Increased use of alcohol or drugs
- Talking about being trapped, hopeless, or in unbearable pain
- Talking about wanting to die or looking for ways to kill oneself

You can help. Call, text, or click today.

CALL: 703.527.4077

TEXT: "CONNECT" TO 85511

www.SuicidePreventionNVA.org



REACH OUT. FIND HOPE.

What if you could start a conversation that changed a life?
If you're concerned about someone who is going through a difficult time, facing a crisis, or having thoughts of suicide, *reach out*.

Know these warning signs:

- Displaying extreme mood swings
- Withdrawal or isolation
- Increased use of alcohol or drugs
- Talking about being trapped, hopeless, or in unbearable pain
- Talking about wanting to die or looking for ways to kill oneself

You can help. Call, text, or click today.

CALL: **703.527.4077**
TEXT: **"CONNECT" TO 85511**

www.SuicidePreventionNVA.org

