SURVIVE AND THRIVE

You can help prevent suicide

**KNOW THE WARNING SIGNS**

- Talking about wanting to die or kill oneself
- Looking for a way to kill oneself, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

**IF YOU NOTICE WARNING SIGNS, APPLY A.P.P.S.**


P robe. Show that you care by asking questions. Ask about suicide.

P romote Hope. Listen and let them know they are not alone.

S hare Referrals. Form a safety net. Share with your support network.

Watch an example of the A.P.P.S. intervention

**TEST YOUR SKILLS**

Learn warning signs, tips and tricks, and test your suicide prevention skills in a game. Visit kognitocampus.com/login, create a new account and enter enrollment key: appstate828

**KNOW YOUR RESOURCES**

Text “appcares” to 50555 for a list of campus resources. The National Suicide Prevention Lifeline is available 24/7 by calling 1-800-273-TALK [8255]. Remove their magnet (on the back of this card) and put it in a place where you can easily have access to the number when you need it.

preventsuicide.appstate.edu

YOU MATTER • YOU ARE NOT ALONE • HELP IS AVAILABLE