## **© NAMI** South Carolina

24/7 Crisis Text Line Text "NAMI" or "HOPE4SC" to 741741

National Suicide Prevention Lifeline 800.273.8255

SC Dept of Mental Health 803.898.8581 Mobile Crisis Unit 833.364.2274

Substance Abuse & Mental Health Services Administration samhsa.gov

Download the app: (www.notokapp.com)

The Trevor Project LGBTQ support 866.488.7386 thetrevorproject.org

Your Life, Your Voice tips for help with tough situations yourlifeyourvoice.org

IN AN EMERGENCY, CALL 911
namisc.org/resources
@endingthesilence sc

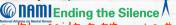
## Some Warning Signs Feeling very sad or withdrawn for more than 2 weeks

- Feeling very sad or withdrawn for more than 2 weeks
   Severe out-of-control, risk-taking behaviors that cause harm to self or others
- Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort, or fast breathing
- Seeing, hearing, or believing things that aren't real
   Drastic changes in mood, behavior, personality, or sleeping habits
- Extreme difficulty concentrating or staying still that puts a person in physical danger or causes school failure
- Intense worries or fears that get in the way of daily
- activities
   Throwing up, using laxatives, or not eating to lose weight; significant weight loss or weight gain
- Using alcohol or drugs excessively
- Trying to harm oneself, attempting suicide, or making

plans to do so

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- Talking, writing, or drawing about death
- Talking about having no reason to live, being a burden to others, or not being here tomorrow
- Looking for ways to attempt suicide
   Feeling hopeless, desperate, or trapped
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   Giving away possessions
- Behaving recklessly



Don't be afraid to start the conversation