

It's Ok To Not Be Ok

Crisis & Suicide Prevention Resources

Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if behavior is new, or has increased, and if it seems related to a painful event, loss or change.

Seek help as soon as possible by contacting a mental health professional or calling

**The National Suicide Prevention
Lifeline at 1-800-273-8255.**

- Talking about wanting to die or kill oneself.
- Looking for a way to kill oneself, such as searching online or buying a firearm.
- 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 the use of alcohol or drugs.
- Acting anxious or agitated; behaving recklessly.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Giving away favorite possessions.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

Follow our journey at www.MakinItHappen.org and on social media!



MAKIN' IT
Happen

Resources

NATIONAL SUICIDE PREVENTION HOTLINE

1-800-273-8255
www.suicidepreventionlifeline.org

CRISIS TEXT LINE

text HOME to 741741

TRANS LIFELINE

1-877-565-8860
www.translifeline.org

VETERAN'S CRISIS LINE

1-800-273-8255 and Press 1
www.veteranscrisisline.net

TREVOR LIFELINE FOR LGBTQ YOUTH

1-866-488-7386
www.thetrevorproject.org

211NH

Call 211 or
visit www.211nh.org to connect to resources

NAMI NH

1-800-242-6264
www.naminh.org

AMERICAN FOUNDATION FOR SUICIDE PREVENTION

1-800-273-8255 or text TALK to 741741.
www.afsp.org

NH COALITION AGAINST DOMESTIC AND SEXUAL VIOLENCE

1-866-644-3574 (24 Hour Domestic Violence Hotline)
1-800-277-5570 (24 Hour Sexual Assault Hotline)
www.nhcadsvt.org

MENTAL HEALTH CENTER OF GREATER MANCHESTER

603-668-4111
www.mhcgcm.org
Call 603-668-4111 if you are experiencing a mental health crisis

Apps

Available in the App Store

NOTOK APP



MY3 APP

