



**MONTANA SUICIDE PREVENTION/
MENTAL HEALTH CRISIS LIFELINE**

988 SUICIDE & CRISIS
LIFELINE

**CALL, TEXT, OR CHAT 988
FOR FREE 24/7 HELP**

WARNING SIGNS

Expressing thoughts of death, increase in substance use, deterioration in hygiene, giving away possessions, change in sleep, isolating, withdrawing, anger, reckless behavior, depressed mood.

WHAT TO DO

- Ask, *"Are you suicidal?"* or *"Are you thinking of killing yourself?"*
- Offer hope, listen, don't judge
- Tell someone (NO SECRETS)
 - Don't leave them alone
- Call **988** or take them to the nearest ER
 - **TEMPORARILY SECURE ALL FIREARMS AND MEDICATION**

