



**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**



*Healthy People. Healthy Communities.*

Department of Public Health & Human Services