

lyra

How to Spot the Signs of Suicide Risk





Warning signs can be subtle and vary person to person. Pay attention to things like:

- Jokes about taking their lives
- Suggestions that they are a burden
- Extreme mood swings
- Withdrawal from activities or friends
- Increased drugs and/or alcohol use
- Giving away important items



If you think someone is at risk of suicide:

- In a private setting, express concern and calmly ask if they are thinking about suicide.
- Let them know you care, and encourage them to seek help.
- Connect them to the 988 Suicide & Crisis Lifeline.



If you or someone you know is struggling, Lyra is here to support you.



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