

A close-up photograph of a hand turning a key in a door lock. The hand is on the left, and the key is inserted into the lock on the right. The background is a wooden door.

SUICIDE: LET'S TALK ABOUT IT

**Are you or someone you love at risk of suicide?
Learn the warning signs:**



Funding for this card was provided by the NYS Office of Mental Health

FOR MORE INFORMATION ON HOW TO GET INVOLVED IN
SUICIDE INITIATIVES LOCALLY CONTACT THE CORTLAND
COUNTY YOUTH SERVICES DEVELOPMENT DIRECTOR AT:
607-758-6100

WARNINGS

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to fire arms or other means
- Talking or writing about death, dying or suicide when these actions are out of the ordinary
- Feelings of hopelessness
- Feelings of rage, uncontrolled anger or seeking revenge
- Acting or engaging in risky behavior
- Feeling trapped, as if there is no way out
- Increased alcohol or drug use
- Withdrawal from friends, family and society
- Feeling anxious, agitated or unable sleep OR sleeping all the time
- Experiencing dramatic mood swings
- Seeing no reason for living or having no sense of purpose

GET HELP

If you are feeling suicidal or are concerned about someone you know, call of one of the following numbers for assistance:

Cortland County Mental Health	758-6100
Cortland Regional Medical Center	756-3500
Suicide Prevention & Crisis Service Crisis Line	272-1616
Local "911" Call Center	911
National Suicide Hotline	1-800-273-8255