



The infographic above includes many of the warning signs for suicide. These signs are most meaningful when they demonstrate a recent change or dramatic shift in behavior. The more signs you see, the greater the level of concern, but even one sign should be taken seriously. Don't be afraid to ask the question, "*Are you thinking about suicide?*" It won't put the thought in their head and is more likely to open a conversation that can lead to help.

If you are concerned for someone's immediate safety, call, text or chat with the **National Suicide and Crisis Lifeline**, for FREE, at **988**. Trained counselors can help you to help them, and are available 24 hours a day, 7 days a week.



If they are willing to start outpatient therapy, call the **David Farber ASPIRE Center** at **215-503-7077**.

