**Warning Signs**
Take Any One Seriously

**Feelings** (hopeless, worthless, agitated)

**Actions** (reckless, anxious, withdrawn)

**Changes** (mood, substance use, personality)

**Talk/Texts** (being a burden, alone, suicide)

**Situations** (stressful, loss, humiliating)

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**Immediate Risk:**
seek help immediately

If someone is:

- Threatening to hurt or kill him/herself
- Joking/Talking of suicide while drunk
- Looking up suicide-related content on the internet or watching suicide related videos
- Collecting ways to kill oneself, buying a gun, stockpiling “supplies/medication”

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**Suicide Talk: Examples**

“I’m tired of life”
“I can’t take this anymore”
“I wish I were dead”
“If only I could kill myself”
“Soon, you won’t have to worry about me.”

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**C. A. R. E.**

**CONCERN:** Try to understand pain from their perspective.
Genuine listening instills HOPE.

**ASK:** Openly ask about suicidal thoughts or plans.

Do you wish you could make this end?
Have you been thinking about hurting yourself?
Are you thinking about killing yourself?

**REFER:** Connect the person to help. Convey seeking help is a strength. Offer to get them to help.

I’m on your side, come with me to get some help.

**ENCOURAGE:** Support them. Involve others.

You may not have hope right now, but I have hope for you.

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**Suicide Prevention is Everyone’s Business**

Be the ONE to make a difference

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**Ask. Listen. Get Help!**
Resources for Referral

**Marquette University Counseling Center**  414-288-7172
Holthusen Hall, Room 204

**Marquette University Police Department**  414-288-6800
For **Emergencies:**  414-288-1911

**National Helpline:** **1-800-273-TALK**

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**HOPELINE**
SMS Emotional Support Line
Text "HOPELINE" to 741741
A free service provided by: