SUICIDE: Know The Warning Signs

Seek help as soon as possible by contacting the Counseling Centers Emergency Pager at 216-207-1092 or by calling the National Suicide Prevention Lifeline at 1-800-273-TALK if you or someone you know exhibits any of the following signs:

- 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 firearms, available pills, or other means
- Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person
- Feeling hopeless
- Feeling rage or uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities - seemingly without thinking
- Feeling trapped - like there’s no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family, and society
- Feeling anxious, agitated, or unable to sleep or sleeping all the time
- Experiencing dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life

LOCAL AND NATIONAL RESOURCES ARE AVAILABLE TO HELP YOU!

The Counseling Center provides 24/7 Crisis Intervention Services. After hours we may be reached by contacting Campus Safety and Security at 216-373-5212

If you are in crisis, call 1-800-273-TALK (8255). National Suicide Prevention Lifeline

Do you know someone thinking about suicide? For help call: 216-623-6888