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# Are you or a loved one thinking about suicide?

When someone says or does things that sound as if the person is considering suicide, it can be upsetting. You may not be sure what to do, whether you should take it seriously or if your intervention might make the situation worse. It's always best to seek professional help.

**IF YOU OR A LOVED ONE HAVE BEEN HAVING SUICIDAL THOUGHTS, REACH OUT NOW TO YOUR LIFE IOWA FOR SUPPORT. WE CAN CONNECT YOU TO THE HELP YOU NEED, PROVIDE INFORMATION AND BE A SHOULDER TO LEAN ON.**

## **YOUR LIFE IOWA IS HERE FOR YOU, 24/7.**

When you don't know where to turn for help for suicidal thoughts, you can always reach out to Your Life Iowa. Our compassionate professionals offer support and connect you to resources designed to get your life back on track. You can call, text or chat live with us anytime, day or night.



**CALL:**  
**(855) 581-8111**

**TEXT:**  
**(855) 895-8398**

**CHAT:**  
**YourLIFEIowa.org**

## **SUICIDAL THOUGHTS**

**Get help now for suicidal thoughts.**





## WHY DO PEOPLE STRUGGLE WITH SUICIDAL THOUGHTS?

While the reasons a person may experience suicidal thoughts are complex and varied, they indicate that the person is in need of support. It could be related to depression, the loss of a friend or job, or experiencing a divorce/ affair or any number of events that may be disrupting their life.

No matter why someone is experiencing these thoughts, it's important to know that help is available. With support, the vast majority of people go on to live fulfilling lives. And remember, talking with someone about suicide in a gentle and caring manner does not increase suicidal thoughts.

## SUICIDAL THOUGHTS

### ⚠ LOOK FOR THESE WARNING SIGNS.

There are many different signs that can indicate someone may be thinking about suicide, but here are a few of the most common.

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, including online searches for suicide-related topics or buying a firearm
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Experiencing extreme mood swings

**If you or someone you know exhibits any of the warning signs above, it's time to talk to someone who can help now.**

# Recovery is possible.

All across Iowa, people are recovering from thoughts of suicide. And you can, too. Suicide is not inevitable. Help works.

## ENCOURAGEMENT. ONE TEXT AT A TIME.

We all need encouragement every now and then. When you sign up for Your Life Iowa's texting program, you'll receive messages designed to provide support, no matter what challenge you're facing.

Sign up at [YourLifeIowa.support](https://YourLifeIowa.support).

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