

**SUICIDE
AWARENESS &
PREVENTION**

Recognizing *Signs* In You

Your well-being matters. If you're experiencing any of the following signs, please reach out for help right away. You are not alone, and support is available.

- Having thoughts of suicide or death
- Feeling like a burden to others
- Withdrawing from others
- Searching for ways to harm yourself
- Feeling increased anxiety & agitation
- Feeling hopeless, helpless, or trapped
- Struggling with sleep—too much or too little
- Neglecting personal care or hygiene
- Losing interest in activities you once enjoyed
- Feeling intense mood swings or frequent anger

You matter. Your life matters. Help is here.

If you're feeling overwhelmed, talk to someone you trust or reach out to the Employee Assistance Program (EAP) for around-the-clock support. Give us a call or visit **EAP4YOU.com** for guidance.