



# Shine a Light

Suicide Prevention and  
Awareness

**For help, contact:**



- **EAP:** 800-755-7002
- **National Domestic Violence Hotline:** 800-799-7233
- **Crisis Text Line:** Text HOME to 741741
- **SAMHSA National Helpline:** 800-662-4357

## Suicide Warning Signs:

- Talking about wanting to die or kill oneself;
- Looking for ways to kill oneself: seeking pills, firearms, or other means;
- Talking about feeling hopeless or having no reason to live;
- Preparing for death: giving away prized possessions or sending goodbye messages; and/or
- Behaving recklessly.



U.S. Customs and  
Border Protection

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