



Suicide Prevention Awareness Month

September is National Suicide Prevention Awareness Month and the Marlboro Alliance would like to share resources and warning signs of suicide.

Remember that **SUICIDE IS PREVENTABLE**. Please **HELP** a loved one, a friend, or yourself. Learn the warning signs of suicide and use the suicide prevention resources to learn the way to get someone you care about the professional help they need. Please urge anyone you know who is in suicidal crisis or emotional distress to call the **NJ Hopeline 1-855-NJ-HOPELINE (654-6735)**

If you have any questions, please call Nancy Geist, Alliance Coordinator at 732-617-0186 prompt is 1, or email ngeist@marlboro-nj.gov

REMEMBER: SUICIDE IS PREVENTABLE

Suicide Warning Signs:

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or buying a gun
- 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 feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

Resources

New Jersey's 24/7 Peer Support and Suicide Prevention Hotline 1-855-NJ-HOPELINE (654-6735) <http://www.njhopeline.com>

NJ Mental Health Cares 866-202-HELP (4357)

Peer Recovery Warmline 877-292-5588

Crisis Text Line Text "NJ" to 741741

New Jersey Vet2Vet 866-VETS-NJ4 (838-7654)

COP 2 COP 866-COP-2COP (267-2267)

National Suicide Prevention Lifeline 1-800-273-TALK (8255) suicidepreventionlifeline.org