

# SUICIDE PREVENTION ALLIANCE OF NORTHERN VIRGINIA

## REACH OUT. FIND HOPE.

### IMMEDIATE, CONFIDENTIAL SUPPORT IS AVAILABLE 24/7.



All residents of Northern Virginia can find support via hotline (**703.527.4077**) or text messaging service (**text "CONNECT" to 85511**). Anyone facing serious life issues, an emotional or mental health crisis, or thoughts of suicide can call or text to get connected to confidential support.

The Suicide Prevention Alliance of Northern Virginia (SPAN) is working to raise awareness and work with communities to prevent suicide. While the suicide rate in Northern Virginia is slightly lower than the national average, suicide is the 10th leading cause of death nationwide across all age groups, according to the Centers for Disease Control and Prevention. Greater understanding of suicide risk and resources for support is key to suicide prevention.



Often, friends and family members are the first to recognize the warning signs of suicide risk, even when people in crisis don't recognize them in themselves.

#### WARNING SIGNS INCLUDE:

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, such as searching for drugs 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, or behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings



If you recognize these signs in someone, reach out for support today.

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[www.SuicidePreventionNVA.org](http://www.SuicidePreventionNVA.org)



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Join our suicide prevention campaign and access information about communitywide resources.