

You Are Not Alone – Stay Connected



Signs of Stress or Suicide Contemplation:

TALK: If someone talks about feeling hopeless, being a burden, having no reason to live, or being trapped

BEHAVIOR: Withdrawing from activities, visiting people to say good bye, giving away possessions, aggression, or fatigue

MOOD: Displaying anxiety, excessive irritability, humiliation, agitation, or loss of interest in activities

QPR Training or Mental Health First Aid can prepare you to help someone in crisis. Visit www.i-cash.org for training information and resources.



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There are several crisis hotlines and chat services available to help, 24 hours a day, 7 days a week:

- CommUnity Crisis Services
855-325-4296
- Iowa Concern
1-800-447-1985
- IowaCrisisChat.org
- Your Life Iowa
855-581-8111 (call)
855-895-8398 (text)



*Additional resources at
www.i-cash.org*

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