## 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)



The University of Iowa = Iowa State University
Iowa Department of Agriculture and Land Stewardship
Iowa Department of Public Health = Non-profits for Farm Health

Additional resources at www.i-cash.org

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