



# YOU CAN NOT BE REPLACED

*The fact is, one in five adults have a mental health problem.*

*Nobody is immune - people of all ages, races, religions, and genders are at risk. **Mental illness is not uncommon; it can happen to anyone.***



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# Every struggle is different.

The road, which may end in suicide, is usually a very long one. The process doesn't happen over night.

## WARNING SIGNS OF SUICIDE:

- Talking about wanting to die or to kill oneself.
- Looking for a way to kill oneself.
- Talking about feeling hopeless or having no purpose.
- Talking about feeling trapped or being in unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious, agitated, or reckless.
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

Source: **SAVE** (Suicide Awareness Voices of Education)

**If depression is recognized and treated,  
suicidal thoughts can be eliminated.  
Suicide can be prevented.**



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