HOW ARE YOU COPING?

HAVE YOU OR A LOVED ONE DISPLAYED ANY OF THE FOLLOWING LATELY?

Talked about wanting to die or hurt themselves
Felt purposeless or hopeless
Felt trapped or a burden to others
Increased use of alcohol or drugs
Sleeping too little or too much
Displaying extreme mood swings
Withdrawn from others or feeling isolated
Acting anxious, reckless, or agitated

IF YOU ANSWERED YES TO ANY OF THESE QUESTIONS OR ARE HAVING THOUGHTS OF SUICIDE, YOU CAN GET SUPPORT!

INTERESTED IN OTHER OPTIONS?

CROSSPOINT HUMAN SERVICES (DANVILLE) - (217) 446-1217
WWW.CROSSPOINTHUMANSERVICES.ORG

NATIONAL ALLIANCE FOR MENTAL HEALTH (NAMI) - (859) 265-1590
NAMI.ORG

AMERICAN FOUNDATION FOR SUICIDE PREVENTION - (312) 802-9714
AFSP.ORG

AUNT MARTHAS (DANVILLE) - (877) 692-8686
AUNTMARTHAS.ORG

FOR OTHER LOCAL RESOURCES SEE HERE: