



# 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

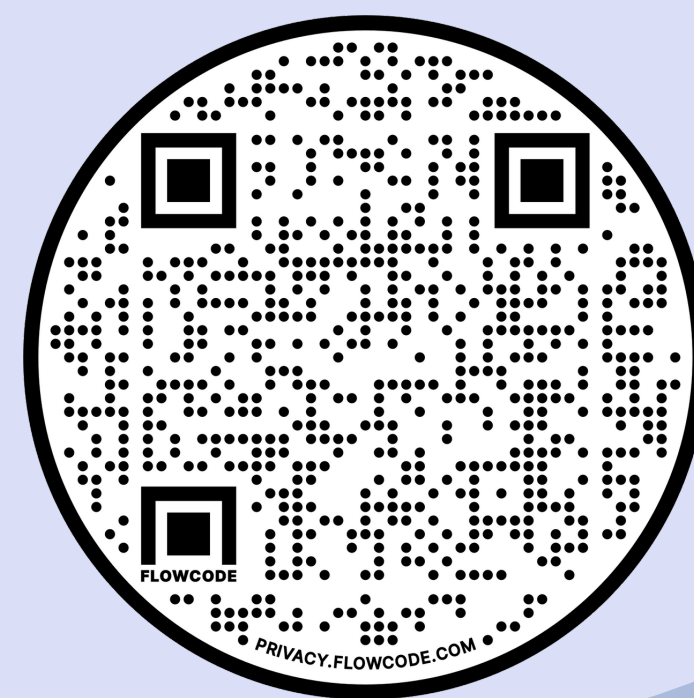
Sleeping too little or too much

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Withdrawn from others or feeling isolated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  
AUNTARTHAS.ORG

FOR OTHER LOCAL RESOURCES SEE HERE:

