

PROTECT YOUR FAMILY PROTECT YOUR FREEDOM SECURE YOUR GUNS



Don't let someone in crisis injure you, themselves or someone you love.



Ulster County SPEAK: Suicide Prevention
Education, Awareness and Knowledge

SuicidePreventionLifeline.org



Adapted from the New Hampshire
Firearms Safety Coalition

PreventSuicideNY.org

UlsterCountySPEAK.org

Warning Signs of Suicide

Below are some signs that may indicate a person is thinking about suicide. If you know someone who exhibits any of these, there are a number of things you can do. Talk to the individual and use the resources below. Just do something.

- Recently depressed or appearing hopeless
- Suffering loss of a loved one
- Being gravely ill
- Crushing financial loss
- Recently dumped by spouse or partner
- Acting reckless or engaging in risky activities that are out of character
- Talking about feeling trapped or having no way out
- Giving away valuable possessions
- Increasing alcohol or drug use
- Withdrawing from friends, family and community
- Admiring people who have died by suicide
- Talking about feeling anxious, agitated, unable to sleep or sleeping all the time
- Showing rageful behaviors and/or dramatic mood changes
- Talking about having no reason for living or no sense of purpose in life
- Making a threat or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, pills or other means
- Talking, writing or drawing about death, dying or suicide when these actions are out of character

Resources for Help

If anyone is in danger, a call to 911 emergency services is usually the best option.

Family of Woodstock, Inc. Hotline:
(845) 679-2485 or (845) 338-2370

Ulster County Mobile Mental Health - ACCESS: Supports for Living:
(844) 277-4820