

Depression Can Be FATAL.

- **Every 12 minutes**, someone in the US **dies** from suicide.
- Suicide is the **10th leading cause** of death in **America**.
- After cancer and heart disease, **suicide accounts** for **more years of life lost** than any other cause of death.

BUT...HELP IS AVAILABLE.

KNOW THE SIGNS. GET HELP.

24-hour Community
Crisis Center

316-660-7500

TAKE IT SERIOUSLY.

KNOW THE SIGNS. GET HELP.

- **TALK:** No reason to live. Feeling trapped. Being a burden to others. Unbearable pain. Talk of killing themselves.
- **BEHAVIOR:** Increased alcohol/drug use. Isolation from family and friends. Sleeping too little/too much. Withdrawing from activities.
- **MOOD:** Depression. Loss of interest. Rage. Irritability. Humiliation. Anxiety.



www.sedgwickcounty.org

Sedgwick County...
working for you

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