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# National Suicide & Crisis Lifeline

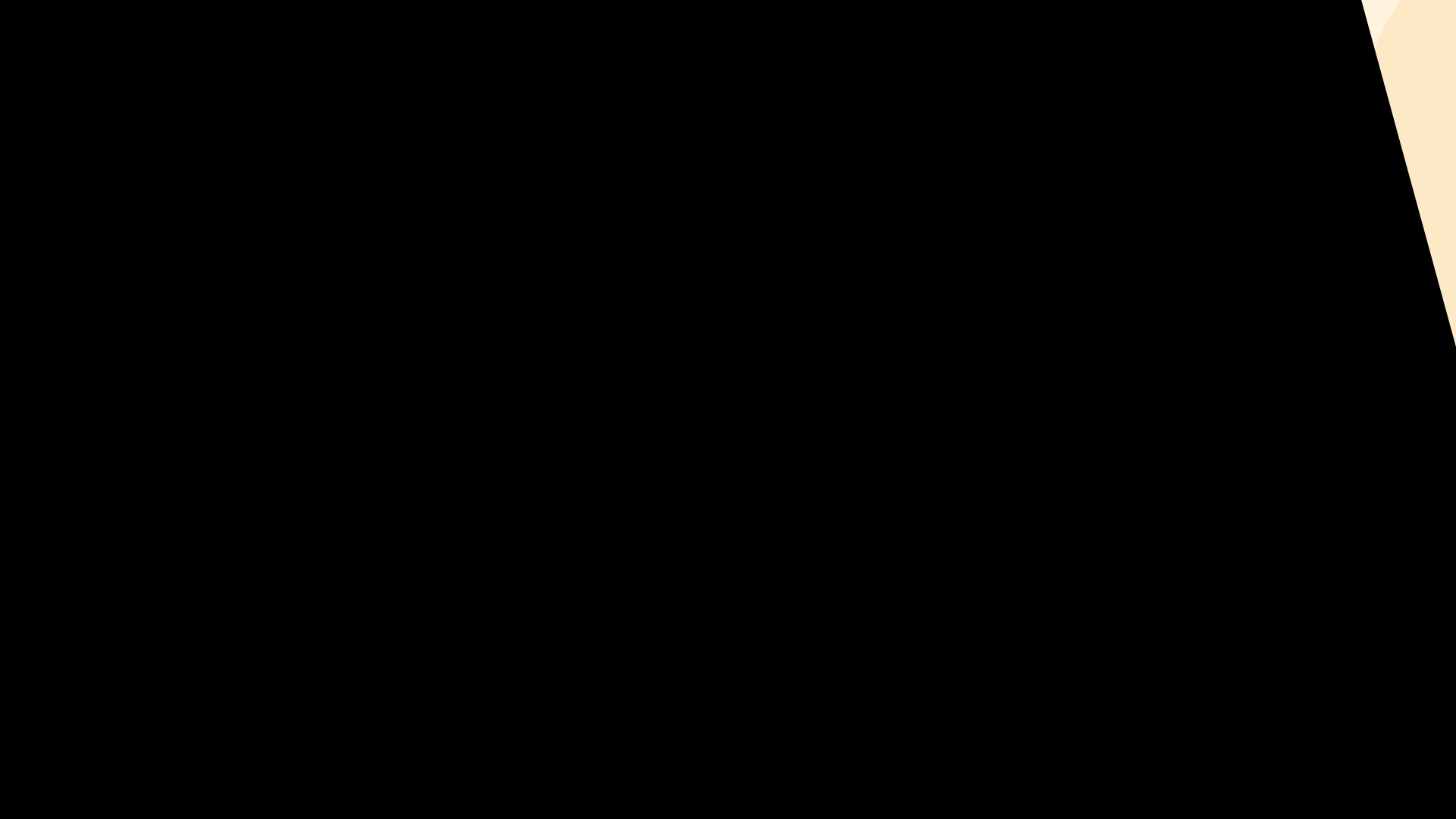


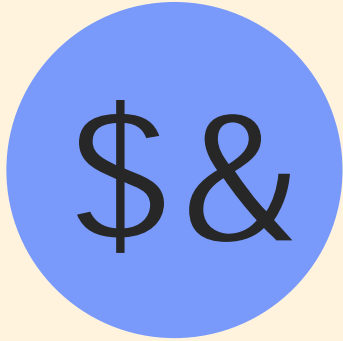












K Ufb]b [ 'G][ bg

Observable behaviors  
that signal their suicidal  
thinking.

HU\_Y`U `g][ bg'gYf]ci g`m'









DfchYWhj Y : UWc fg

Lessen the potential of risk factors to lead to suicidal ideation and behaviors

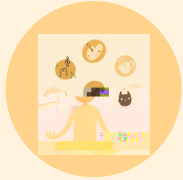
# DfchYVh]j Y : UVhcfg



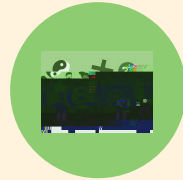
: YY` ]b[ `WŁbbYVhYX`  
fZUa ]`m/ `Zf]YbXgŁ



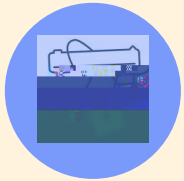
5 WVV gg`hc `a YbhU` `   
 \ YU`h\ `gi ddcfhg



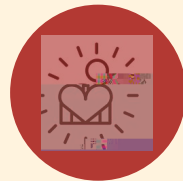
< Uj ]b[ `WŁd]b[ `   
 g\_ ] g



7i `hi fU` `cf `fY` ][ ]ci g`   
 VY` ]YZg`h\ Uh`dfca chY`   
 \ YU`h\ m` ]j ]b[



@]a ]hYX `UVVV gg`hc `   
 `Yh\ U` `a YUbg



GYbgY `cZ`di fdcgY / `   
 [ ccX `gY`Z! YghYYa







⇒ mci 'bch]W'k Ufb]b[ 'g][ bg'fWcbh"Ł







@c WJ` 'F Ygci fWg

Emergency Mental Health: 703-228-5160

Arlington Children's Behavioral Health: 703-228-1560

B U h ] c b U ` ` F Y g c i f W g



