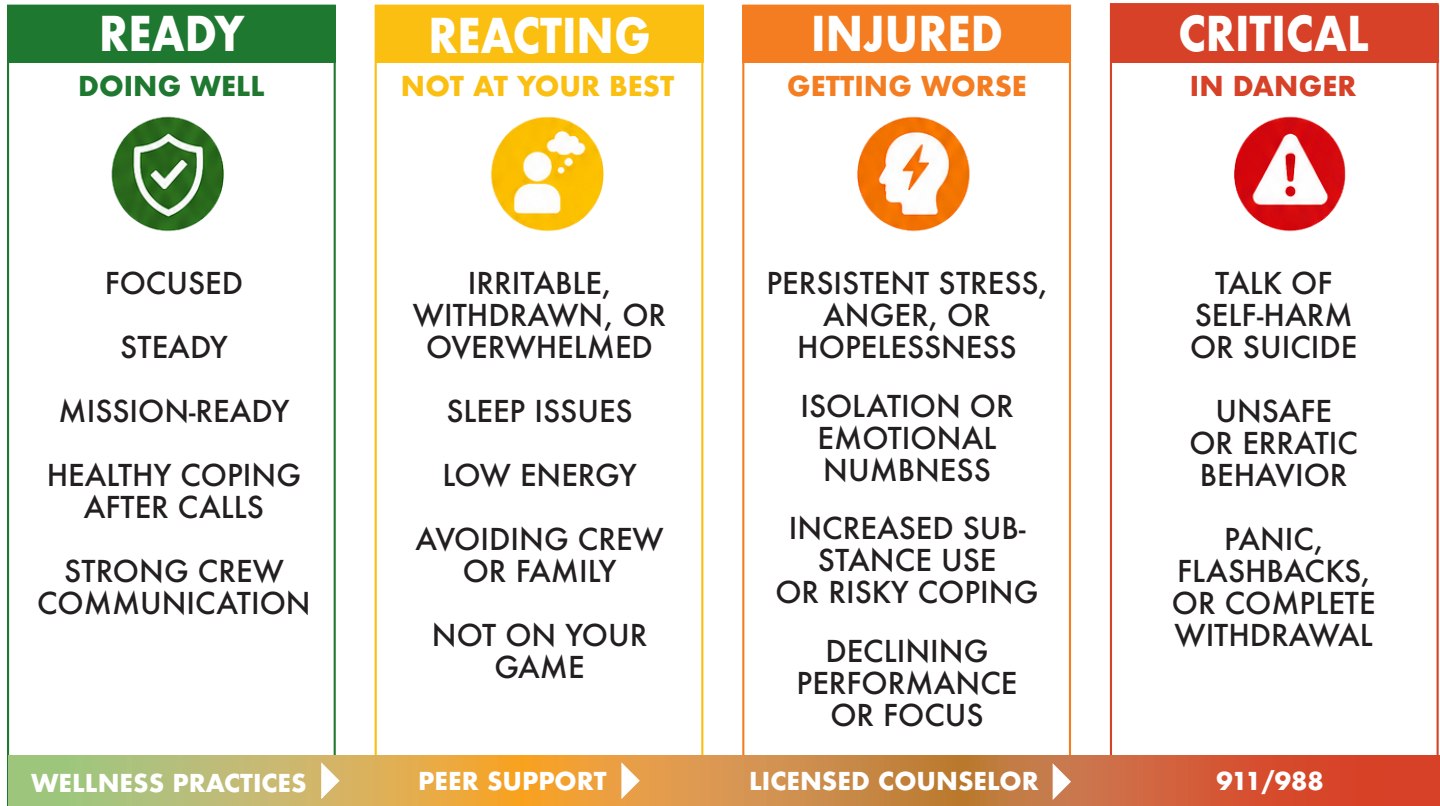


KNOW YOUR PEOPLE

Recognize the signs. Take action. Save a life.



THE STRESS CONTINUUM



WARNING SIGNS

TALK

"THERE'S NO POINT"
"I'M DONE"
"PEOPLE WOULD BE BETTER OFF WITHOUT ME"

RISK

DISREGARD FOR SAFETY
AGGRESSIVE OR ERRATIC ACTIONS ON CALLS
REFUSING PPE
"OVERLY HEROIC" BEHAVIOR

BEHAVIOR

WITHDRAWAL OR ISOLATION
INCREASED ALCOHOL/SUBSTANCE USE
GIVING AWAY POSSESSIONS
SEARCHING FOR MEANS

IN A CRISIS



ASK DIRECTLY ABOUT SUICIDE



DO NOT LEAVE THEM ALONE



ACTIVATE SUPPORT IMMEDIATELY



911 OR 988 SUICIDE & CRISIS LIFELINE (CALL OR TEXT)



REDLINERESCUE.ORG



UCFRESTORES.COM



CHECK IN. STAY CONNECTED. SUPPORT EACH OTHER.