

JULY 2020

Parents Page

Community Counseling Solutions

Changing Lives



WARNING SIGNS OF SUICIDE:

The behaviors listed below may be some of the signs that someone is thinking about suicide.

TALKING ABOUT:



- ▷ Wanting to die
- ▷ Great guilt or shame
- ▷ Being a burden to others

FEELING:



- ▷ Empty, hopeless, trapped, or having no reason to live
- ▷ Extremely sad, more anxious, agitated, or full of rage
- ▷ Unbearable emotional or physical pain

CHANGING BEHAVIOR, SUCH AS:



- ▷ Making a plan or researching ways to die
- ▷ Withdrawing from friends, saying good bye, giving away important items, or making a will
- ▷ Taking dangerous risks such as driving extremely fast
- ▷ Displaying extreme mood swings
- ▷ Eating or sleeping more or less
- ▷ Using drugs or alcohol more often

If these warning signs apply to you or someone you know, get help as soon as possible, particularly if the behavior is new or has increased recently.

National Suicide Prevention Lifeline
1-800-273-TALK

Crisis Text Line
Text "HELLO" to 741741



www.nimh.nih.gov/suicideprevention

BIO SMILE

Family, Cosmetic & Implant Dentistry

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Strawberry Wilderness Community Clinic

Zachary Bailey, M.D. Shawna Clark, DNP
Emily Lieuallen, DO Raffaella Betza, M.D.
Nora Healey, FNP Janessa Sickler, DO
David Hall, M.D.

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Our full-service pediatric care center specializes in children's health needs, from birth to adolescence, with a focus on putting kids at ease.



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Harney & Grant Counties

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Upcoming Sports Registration



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- Creating Great Beginnings
- Inspiring Possibilities
- Ensuring Bright Futures

- Healthy Start and Parents as Teachers Home Visiting
- Classes • Workshops • Parent-Child Playgroups
- Car Seats • Parent Resource Library

401 S. Canyon Blvd., John Day • 541-575-1006
ffeda@gmail.com • www.familiesfirstofgrantcounty.com



CCS Changing Lives

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