

Community Makes A Difference

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What Are The Warning Signs For Suicide?

Seek help as soon as possible by contacting a mental health professional or by calling the National Suicide Prevention Lifeline at 1-800-273-TALK if you or someone you know exhibits any of the following signs:

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, available pills, or other means
- Talking or writing about death, dying, or suicide when these actions are out of the ordinary for the person
- Feeling hopeless
- Feeling rage or uncontrolled anger or seeking revenge
- Acting reckless or engaging in risky activities - seemingly without thinking
- Feeling trapped - like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family, and society
- Feeling anxious, agitated, or unable to sleep or sleeping all the time
- Experiencing dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life

For more information about recognizing and supporting people struggling with mental illness and suicidal thoughts call NAMI NH 255-5359 or visit their website: www.naminh.org

Make the connection for yourself, or someone you care about.

National Suicide Prevention Lifeline provides immediate assistance to individuals in suicidal crisis by connecting them to the nearest available suicide prevention and mental health service provider: **1-800-273-TALK**

Headrest Teen Line offers a toll-free hotline 24/7 to offer non-judgmental support for teens: **1-800-639-6095**

Northern Human Services offers a 24/7 access to local support by mental health counselors trained to respond to individuals in crisis. To access Emergency Services: M-F 8am to 5pm call 447-2111; 569-1884. After Hours and weekends, call Memorial Hospital at 356-5461 or Huggins Hospital at 569-7500 and request the on-call mental health clinician. The clinician will contact you as soon as possible. " You may be able to make appointments in Moultonborough.

Additional Community Supports

Alternative Life Center: Daytime: 662-6346 (Conway); 569-9121 (Wolfeboro).
"Warm Line" an after hours support line : 1-866-447-1765

Town of Moultonborough Welfare Office: (603) 476-2347

Moultonborough United Methodist Church: (603) 476-5152

Moultonborough Visiting Nurses: (603) 476-2350

Moultonborough Police Department: (603) 476-2305

Moultonborough School District Counselors: (603) 476-5517 (MA) 476-5535 (MCS)

***Talk To Anyone
You Know***