Top 5 Warning Signs for People at Risk for Self-Harm (RAILS)

1. Recklessness/Impulsiveness
2. Anger: Suppressed or Explosive
3. Isolation: Becoming Distant
4. Loss of Confidence in Skills and Abilities
5. Sleeplessness

If you are seeking immediate help for yourself or someone else, call or text:

The National Suicide Prevention Center
1–800–273–8255 (TALK)
Text CONNECT to 741741 or Call 911