

## **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**