



Persist

"There is something inside you that is greater than any obstacle." — Christian D. Larson

Risk factors and warning signs

When someone dies by suicide, it impacts individuals, families and communities. It can leave people with deep feelings of hopelessness and loss. But we can prevent suicide. Knowing risk factors and warning signs can increase awareness and save lives.

Risk factors are things that may make it more likely a person will consider or attempt suicide. Warning signs are things that people who are thinking about suicide may say or do. Seek help and support if you see these behaviors.

Learn more with the resources below. And if you're concerned about yourself or someone else, you don't have to decide what to do alone. You can call us 24/7 for confidential support and resources.

You could save a life. Visit your member website and click [Services > Talk Saves Lives](#) online training to learn more today.

Remember: You can call us 24/7 to talk about any issues you may be facing.

**(888) 439-7327 (TTY: 711)
www.resourcesforliving.com
Username: ladwp
Password: eap**



Warning signs of suicide video |
Transcript



Suicide: Know the signs

The Talk Saves Lives online training was developed by the American Foundation for Suicide Prevention.

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1173137-02-01-RFL (7/22)