We’re Here To Help!

Muncie: 765.747.9107
Richmond: 765.966.0538
Crisis Support: 765.288.4357
988 Suicide & Crisis Lifeline
abetterwaymuncie.org

Suicide Prevention

HOTLINE
In cooperation with the 988 Suicide & Crisis Lifeline, A Better Way provides regional hotline support for persons feeling suicidal or in any type of crisis in Indiana.

CHAT/TEXT
A Better Way is a national back-up for the 988 Suicide & Crisis Chat & Text Line.

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SCAN ME
WARNING SIGNS

TALKING ABOUT:
- Wanting to die
- Great guilt or shame
- Being a burden to others

FEELING:
- Empty or hopeless
- Extreme sadness or agitation
- Unbearable emotional or physical pain

BEHAVIOR CHANGES:
- Making a plan or researching ways to die
- Withdrawing from friends, saying goodbye, or making a will
- Taking dangerous risks, using drugs or alcohol more often
- Displaying extreme mood swings
- Eating or sleeping more or less

ACTION STEPS FOR HELPING

ASK
“Are you thinking about suicide?”

BE THERE
Listen and acknowledge their feelings.

STAY CONNECTED
Follow-up and stay in touch!

KEEP THEM SAFE
Reduce access to lethal items or places.

HELP THEM CONNECT
Text or Call 988