



a better way

# Suicide Prevention



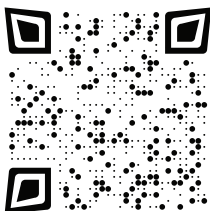
## HOTLINE

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.



SCAN ME



Muncie: 765.747.9107



Richmond: 765.966.0538



Crisis Support: 765.288.4357



988 Suicide & Crisis Lifeline



[abetterwaymuncie.org](https://abetterwaymuncie.org)

**988** SUICIDE & CRISIS  
**LIFELINE**

**SUICIDE IS THE  
10<sup>TH</sup>** LEADING CAUSE  
OF DEATH OVERALL  
IN THE U.S.

## 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*



THE COMMUNITY FOUNDATION  
of Marion & Hendricks Counties, Inc.



WAYNE COUNTY  
FOUNDATION



Indiana Coalition  
Against  
Domestic Violence



Indiana Coalition to  
End Sexual Assault  
& Stalking



INDIANA CRIMINAL  
JUSTICE  
INSTITUTE

**MUNCIE**



Division of Mental  
Health and Addiction



International Council for  
HELPLINES

**V!brant**

