

# OHIO'S VOICE FOR SUICIDE PREVENTION

*The Ohio Suicide Prevention Foundation is a non-profit organization that works tirelessly to prevent one of our most preventable causes of death: suicide.*



## **WE COLLABORATE**

with state and regional partners to create programs and resources to prevent suicide.



## **WE SUPPORT**

community-based efforts that reduce stigma, promote education, and decrease the risk of suicide.



## **WE ADVOCATE**

for those struggling with suicidal ideation and attempts to help connect them to the proper resources.



## **GET INVOLVED**

Scan this code to learn more about OSPF and how you can become a voice for suicide prevention.

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# OSPF

Ohio Suicide Prevention Foundation  
[OhioSPF.org](http://OhioSPF.org)

175 South 3rd Street, Suite 700  
Columbus, OH 43215



# WHERE THERE'S HOPE, THERE'S HELP.

Asking someone, "Are you thinking about suicide?" can give them the chance to have an open conversation about how they're feeling and find them support.

## SUICIDE WARNING SIGNS



### ISOLATION

Withdrawing from friends and family, or avoiding work, school, or social activities



### MOOD CHANGES

Increased anxiety or depression, or changes in sleep, eating, or hygiene patterns



### PLANNING

Some people give away pets, heirlooms, and other important possessions



### RISK TAKING

Increased use of alcohol or substances, or partaking in risky or injurious behavior

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