



# Life is better with you here.

Our sole focus is to provide resources, support, and love for the Black community and those who are experiencing mental health disorders or suicidal ideation.

**[lifeisbetterwithyouhere.org](https://lifeisbetterwithyouhere.org)**

## KNOW THE WARNING SIGNS



### **Changes in mood**

Unexplained anger, aggression, and irritability.



### **Isolation**

Stops showing up for work or school, canceling plans, or avoiding social activities.



### **Giving Away Prized Possessions**

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



### **Statements of Suicide**

Saying phrases like, "I don't want to live anymore" or "I won't be around much longer."

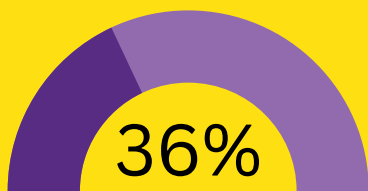
*LIBWYH is hosted by  
The Ohio Suicide Prevention Foundation*



614-429-1528 | [support@ohiospf.org](mailto:support@ohiospf.org)  
[ohiospf.org](https://ohiospf.org) | 175 South 3rd Street  
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Suicide rates among Black youth *increased* by



during 2018-2021

According to the CDC



**It's okay to  
ask for help.**

If you or someone you know is in crisis call or text '988' to be connected to a trained professional.

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