

IBEW-NECA SOUTHWESTERN HEALTH AND BENEFIT FUND

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Toll Free (800) 527-0320

Having trouble coping? *CALL OR TEXT 988*

Do you know about 988?

By calling or texting 988, you or someone you know, will be connected with a real life crisis prevention support team member. There is also a chat function available at 988lifeline.org
Here are some suicide warning signs you can watch for:

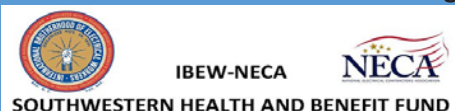
- ◆ Talking about wanting to die or kill oneself
- ◆ Looking for a way to kill oneself, such as searching online or buying a gun
- ◆ Talking about feeling hopeless or having no reason to live
- ◆ Talking about feeling trapped or in unbearable pain
- ◆ Talking about being a burden to others
- ◆ Increasing the use of alcohol or drugs
- ◆ Acting anxious or agitated, behaving recklessly
- ◆ Sleeping too little or too much
- ◆ Withdrawing or feeling isolated
- ◆ Showing rage or talking about seeking revenge
- ◆ Displaying extreme mood swings

Suicide is Preventable.

We are all in this
together

988 SUICIDE & CRISIS LIFELINE

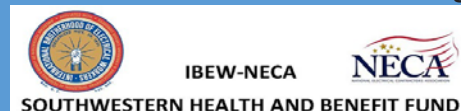
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RELIANCE PRINTING, INC.

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