



Milford High School's Hope Squad is **making a difference** by creating an environment where it is okay for students **to ask for help** or **step in to help others** who may be struggling.

Let's open the conversation with adults in our community.

**It's important for all of us to talk, and do, something about youth mental health and suicide.**

Refer to the next page for a list of suicide warning signs or suicidal thoughts to watch for.



## HELP IS HERE

**Clermont County  
Crisis Hotline**  
(513) 528-SAVE

**Best Point  
Children's Home**  
(513) 272-2800

**Ohio Crisis Text Line**  
Text "4Hope" to 741741

**Clermont County  
Recovery Center**  
(513) 735-8100

**National Suicide  
Prevention Hotline**  
1-800-273-8255

**Greater Cincinnati  
Behavioral Health**  
(513) 947-7000

**Child Focus, Inc.**  
(513) 752-1555

APRIL 29 • DAY OF HOPE

YOU ARE LOVED



## SUICIDE WARNING SIGNS OR SUICIDAL THOUGHTS INCLUDE:

- Talking about suicide - for example, making statements such as “I’m going to kill myself,” “I wish I were dead” or “I wish I hadn’t been born.”
- Getting the means to end one’s life, such as buying a gun or stockpiling pills.
- Withdrawing from social contact and wanting to be left alone.
- Having mood swings, such as being emotionally high one day and deeply discouraged the next.
- Being preoccupied with death, dying, or violence.
- Feeling trapped or hopeless about a situation.
- Increasing use of alcohol or drugs.
- Changing normal routine, including eating or sleeping patterns.
- Doing risky or self-destructive things, such as using drugs or driving recklessly.
- Giving away belongings or getting affairs in order when there is no other logical explanation for doing this.
- Saying goodbye to people as if they won’t be seen again.
- Developing personality changes or being severely anxious or agitated, particularly when experiencing some of the warning signs listed above.

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**National Suicide Prevention Hotline 1-800-273-8255**

**YOU ARE LOVED**

