

LET US HELP YOU.

SUICIDE SHOULD NEVER BE THE ANSWER. YOU MAY NOT BELIEVE IT NOW, BUT THE WAY YOU'RE FEELING CAN CHANGE.

SUICIDE WARNING SIGNS

- Having thoughts about wanting to die
- Exploring ways to hurt or kill oneself
- Feeling hopeless
- Feeling trapped
- Displaying extreme mood swings
- Feeling like a burden to others
- Feeling worthless
- Increasing use of alcohol or drugs
- Behaving recklessly
- Sleeping too much or having trouble sleeping
- Becoming withdrawn, reserved, or isolated
- Feeling increasingly angry, full of rage, or preoccupied with seeking revenge

IF YOU OR SOMEONE YOU CARE ABOUT IS EXPERIENCING ANY OF THESE SIGNS, PLEASE CALL US.

855-NJ-HOPELINE

855-654-6735

njhopeline.com/LiveChat.htm



ABOUT RUTGERS UBHC

University Behavioral Health Care, part of Rutgers, The State University of New Jersey, is dedicated to excellence in providing behavioral health services to the people of New Jersey.

We are committed to being a leader in the delivery of effective, compassionate, and accessible care that is informed by research and education.

The New Jersey Suicide Prevention Hopeline is a service provided in partnership with Rutgers University Behavioral Health Care and New Jersey Division of Mental Health and Addiction Services (DMHAS).

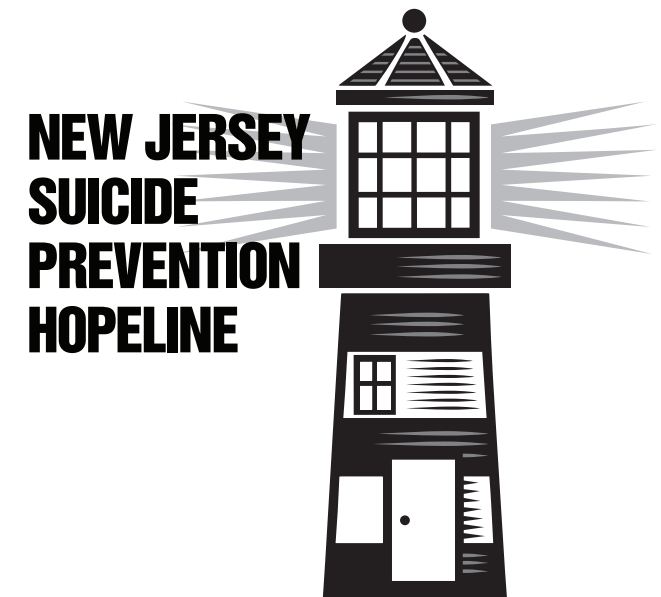
RUTGERS HEALTH

University Behavioral Health Care

New Jersey Division of Mental Health and Addiction Services (DMHAS)

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FIND HOPE.

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RCOMM-1819-0046

NJ HOPELINE SERVICES

When life becomes stressful, we all need someone to talk to.

Talking to someone who understands what you are going through and who has been trained to help you deal with life's stressors can help.

At the NJ Hopeline, we are here to help. Our clinicians and peer specialists are available 24 hours a day, 7 days a week.

Even if you can't imagine how anyone or anything could make you feel better, give us a try. Our team and the statewide resources backing us up will work with you for as long as you need. We'll help you get past this point and on to a better place in your life.

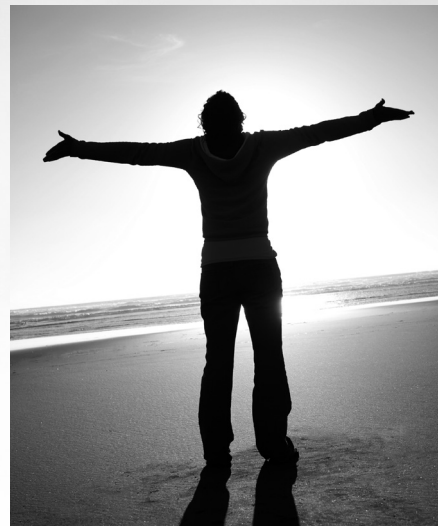
If you are not sure how severe the problem is, one of our experienced professionals will provide you with an assessment.

Before you do something you can't undo, please contact us. We'll help you find hope.

YOU MATTER.

Don't bear the stress alone. Contact the NJ Hopeline today.

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855-654-6735



LET US HELP YOU FIND HOPE.

Live chat and text messaging allow you to communicate one-on-one with a specialist who understands what you're going through and is here to help you cope. You get the benefit of a private conversation between you and our specialist. You can also control your anonymity via your user profile.

njhopeline.com/LiveChat.htm



You matter. That's why we started the New Jersey Suicide Prevention Hopeline.