

# SOCK IT TO SUICIDE!

UNLEASH YOUR  
INNER SUPER HERO!

SOMETIMES our greatest battles lie within ourselves

**SOCK IT TO SUICIDE** propels you to power up and **UNLEASH YOUR INNER SUPER HERO**. When we feel alone and the difficulties of life seek domination, give them your best **ZAP!** and **BAM!** Suiting up with these socks allows us to reflect on the strengths inside us and help build courage to face our days.

## **EVEN SUPER HEROES NEED HELP!**

On the foot of every sock find the number to **HOPELINE™ 741741** Text Line, your connection with trained specialists ready and waiting to provide caring and judgment free emotional support and resources. Text **HOPELINE™** to 741741 at no cost.

**BUILD YOUR POWER BY GROWING YOUR TEAM!** Reach out to the people in your life who need a hero with a listening ear and an extra pair of Super Hero Socks to really **SOCK IT TO SUICIDE**.

## **INSPIRE HOPE IN YOUR COMMUNITY!**

For every pair of **SOCK IT TO SUICIDE** socks purchased, a pair will be donated to someone in need of hope and support in their own life.



[centerforsuicideawareness.org](http://centerforsuicideawareness.org)

# Suicide Warning Signs

**If you or someone you know are in crisis and need immediate help call 911!**

- 1 Recent impulsiveness/taking unnecessary risks
- 2 Threatening suicide or expressing a strong wish to die
- 3 Anxiety, physical pain, and inner tension
- 4 Looking for a way to kill oneself, such as searching online or buying a gun
- 5 Talking about feeling hopeless or having no reason to live
- 6 Talking about feeling trapped or in unbearable pain
- 7 Talking about being a burden to others
- 8 Unexpected rage or anger
- 9 Giving away prized possessions
- 10 Pessimism
- 11 Increasing the use of alcohol or drugs
- 12 Updating legal paperwork; life insurance policies; wills; and other significant documents
- 13 Acting anxious or agitated
- 14 Sleeping too little or too much
- 15 Withdrawn or feeling isolated
- 14 Showing rage or talking about seeking revenge
- 16 Displaying extreme mood swings
- 17 Preoccupation with death
- 18 Suddenly happier, calmer
- 19 Loss of interest in things one cares about
- 20 Visiting or calling people to say goodbye