



## Best Mental Health | Therapy and Counseling Services in Glendale

### SUICIDE WARNING SIGNS FOR *Adults*

**Risk is greater if a behavior is new or has increased, and if it seems related to a painful event, loss, or change**

- Talking about or making plans for suicide.
- Acting anxious or agitated; behaving recklessly.
- Talking about being a burden to others.
- Talking about feeling trapped or in unbearable pain.
- Increasing the use of alcohol or drugs.
- Talking about feeling hopeless or having no reason to live
- Sleeping too little or too much.
- Withdrawing or feeling isolated.
- Showing rage or talking about seeking revenge.
- Displaying extreme mood swings.

**#SUICIDEPREVENTIONMONTH | #SPM24**

*SAMHSA*

Best mental health facilities, therapy and counseling services in Glendale, AZ, including CBT, mindfulness therapy, and medication management for mental health.

<https://healinghorizons.us/services/>