



Photograph by:
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Because

Each Moment Matters



NILES
FAMILY
SERVICES



999 Civic Center Drive
3rd Floor
Niles, IL 60174



847-588-8460
(24 hour access)

There is
one **Suicide**
every
13 minutes
in the
United States

Center for Disease Control
and Prevention — (2015)

DO YOU KNOW HOW IMPORTANT YOU ARE?

When you or someone you know feels...

- Overwhelmed by issues in your relationships with friends, family or spouse/partner
- Stress at home or at work
- Loss of hope in your life
- Discouraged or stuck
- Frustrated with financial issues, health issues or anything in your life

it's time to get help!



WARNING SIGNS OF SUICIDE

- Loss of interest in activities or relationships
- Change in behavior or personality
- Feelings of sadness, loneliness, emptiness
- Talking or writing about death/dying
- Giving away possessions
- Use of alcohol or drugs
- Reckless behavior