

VolAware

MENTAL HEALTH AWARENESS,  
WELLNESS, AND SUICIDE PREVENTION

THE UNIVERSITY of  
TENNESSEE **UT**  
KNOXVILLE

DO YOU KNOW  
SOMEONE  
*who* NEEDS  
HELP?

# DO YOU KNOW SOMEONE WHO NEEDS HELP?

Our goal is for you to be safe and successful. This plan was developed to help if you or someone you know is having a difficult time.

## DO YOU KNOW SOMEONE WHO HAS:

- behaved in an aggressive or out of control way?
- stopped talking or started spending a lot of time alone?
- started drinking more or using drugs to deal with feelings?
- talked about killing himself or herself, or someone else?

## DO YOU FEEL:

- uncomfortable or uneasy?
- afraid for the person?
- scared of the person?
- worried something may happen?

## WHO DO YOU CALL?

- **If there is an immediate threat, call 911.**
- If the threat is not immediate, but you are concerned, call 974-HELP (4357).

No one expects you to have the answers—only to help connect to the people who do.

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