

Feeling blue, hopeless, alone?



**When it seems like there's
no hope, there is help.**

If you or someone you know is thinking about suicide,
call the National Suicide Prevention Lifeline:

1-800-273-8255 (TALK)
With help comes hope.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

NATIONAL
SUICIDE
PREVENTION
LIFELINE™
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www.suicidepreventionlifeline.org