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

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