



I'M IN OVER MY HEAD

I DON'T SEE A WAY OUT

I FEEL SO ALONE

I JUST CAN'T TAKE IT ANYMORE

EVERYONE WOULD BE BETTER OFF WITHOUT ME

Whatever you're going through, you're not alone.

If you're in pain, see no way out or you're worried about someone, call us. Your call is free and will be answered by well-trained and compassionate counselors. We will listen and refer you to help if needed. Remember, there is hope.

We Care. We Listen. We Can Help.



Know the Signs >> Find the Words >> Reach Out

SUICIDEISPREVENTABLE.ORG

No matter what problems you are dealing with and if you are in a crisis, please call the National Suicide Prevention Lifeline. By calling **1-800-273-TALK (8255)** you'll be connected to a skilled, trained counselor at a crisis center in your area, **anytime, 24/7.**