



Suicide Prevention

It's ok to not be ok.

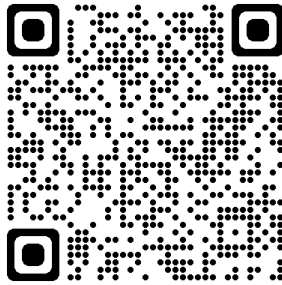
-Anyone can help reduce the stigma of suicide and assist in suicide prevention.

As we face the tragedy of suicide, we can reach beyond what we have done before. We can change the way we think about, talk about, and address emotional pain and suffering. **Suicide can be prevented – especially when we empower ourselves with the knowledge, tools, and resources we need.**

In crisis?
Text HELLO
to 741741.

Free, 24/7, confidential
crisis support by text.

CRISIS TEXT LINE |



NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org



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