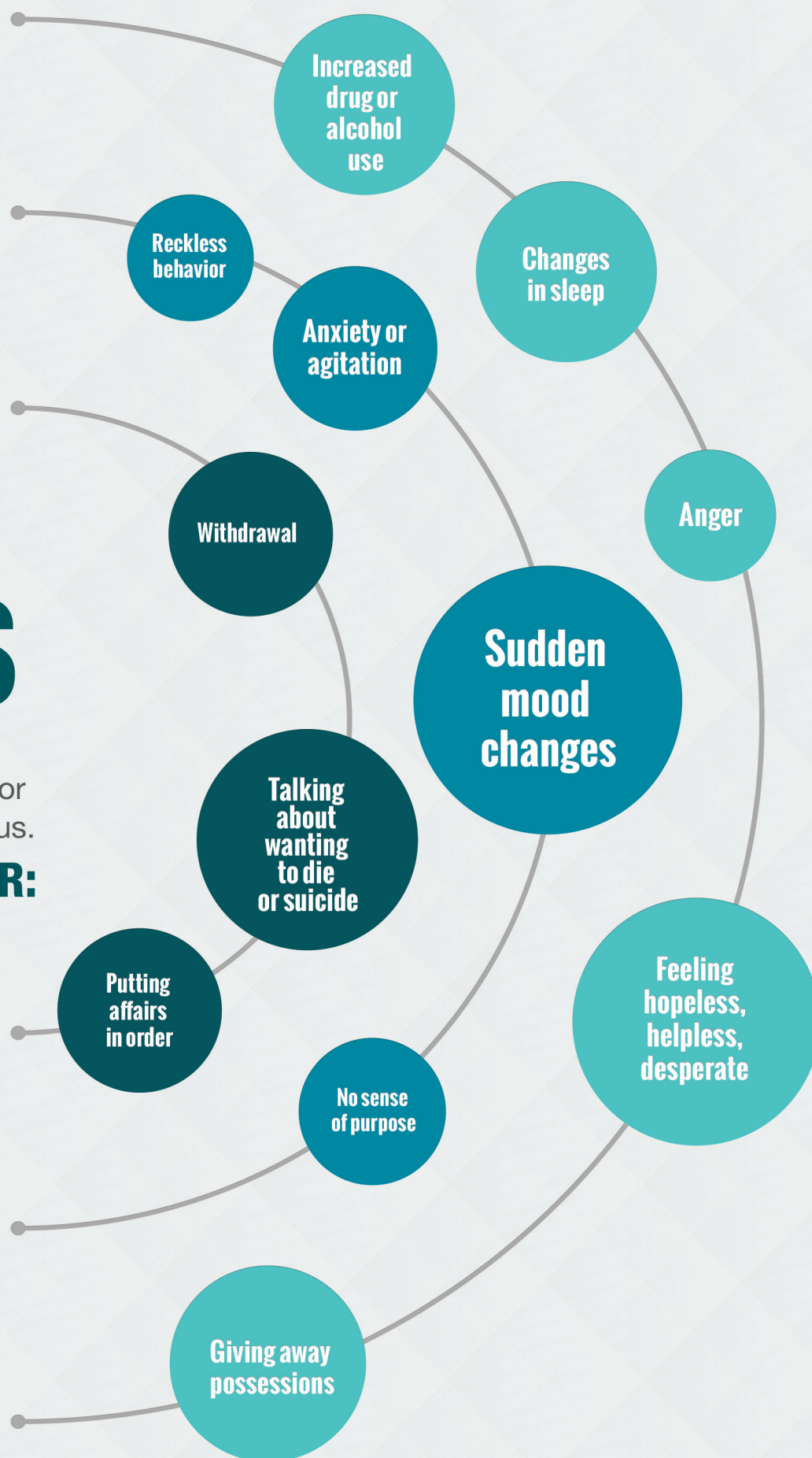


# PAIN ISN'T ALWAYS OBVIOUS

The warning signs of emotional pain or suicidal thoughts aren't always obvious.  
**HERE'S WHAT TO LOOK FOR:**



By recognizing the signs, finding the words to start a conversation and reaching out to local resources, you have the power to make a difference. The power to save a life.

Learn more at:

[suicideispreventable.org](http://suicideispreventable.org)

Pain Isn't Always Obvious

**KNOW  
THE SIGNS**

Suicide Is Preventable

In a crisis call the  
National Suicide Prevention Lifeline:  
**1.800.273.8255**



Funded by counties through the voter-approved  
Mental Health Services Act (Prop. 63)