

# IF YOU ARE GOING THROUGH TOUGH TIMES, YOU'RE NOT ALONE.

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**We care. We listen. We can help.**

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.



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

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[SUICIDEISPREVENTABLE.ORG](https://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.**