

**Feeling alone, angry, hopeless?**

**When it seems like there's  
no hope, there is help.**

It's important to talk to someone. You can call right now. We are available all hours of the day and night, and the call is completely free and confidential.

If you or someone you know is thinking about suicide,  
call the National Suicide Prevention Lifeline:

**1-800-273-TALK (8255)**

*Honor Your Life*



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
[www.samhsa.gov](http://www.samhsa.gov)

**NATIONAL  
SUICIDE  
PREVENTION  
LIFELINE™**  
**1-800-273-TALK**  
**1-800-273-8255**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)