

**Feeling lost, lonely, desperate?**



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

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

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

**With help comes hope.**



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  
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