

Staying Safe—It Helps To Know:

- Ways I can make my home or environment safe
- My warning signs that a crisis might be developing
- Healthy things I can do to cope
- My reasons for living
- The people that make me feel better
- I can contact my doctor, counselor or therapist
- I can call a helpline (see other side of card)

NATIONAL

SUICIDE
**IDE**
PREVENTION

LIFELINE™

1-800-273-TALK

www.suicidepreventionlifeline.org

**Are you feeling desperate,
alone or hopeless?**

Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Your call will be routed to the nearest crisis center. All calls are confidential.