



Pain isn't always obvious. Even with friends and family around, someone experiencing emotional pain or suicidal thoughts can feel isolated. You may sense something is wrong, but not realize how serious it is. Trust what you see and feel, then ask the person if they are thinking about suicide.

Know the Signs. Find the Words. Reach Out.

www.suicideispreventable.org

In crisis? Call the National Suicide Prevention Lifeline: **1.800.273.8255**

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Suicide Is Preventable



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