

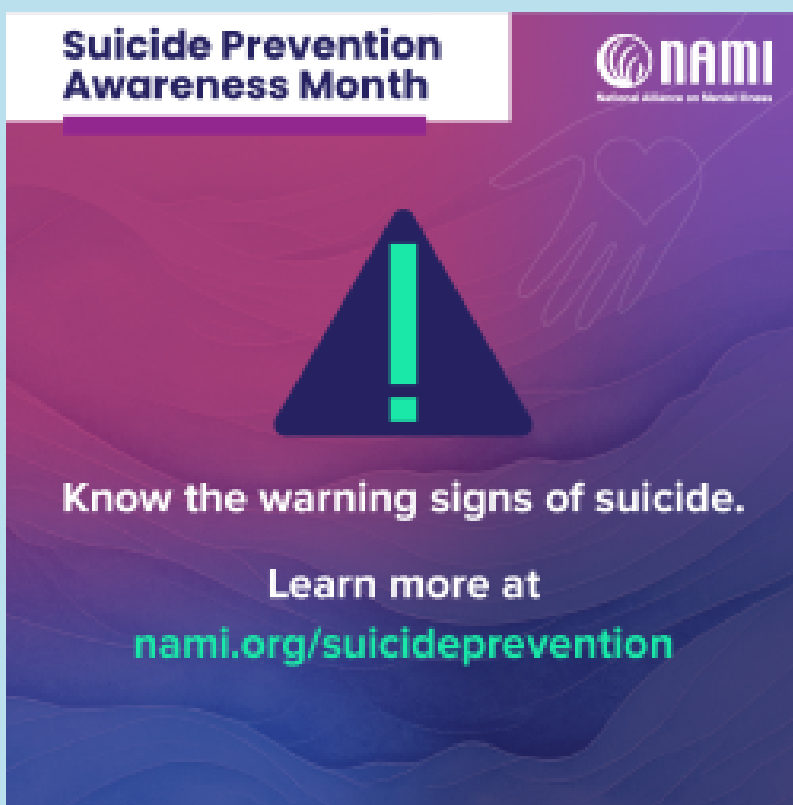
SEPTEMBER
**SUICIDE
PREVENTION**
AWARENESS MONTH



988
SUICIDE
& CRISIS
LIFELINE

#BETHEONETO

#BeTheOneTo is the 988 Suicide & Crisis Lifeline's message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide.



KNOW THE WARNING SIGNS OF SUICIDE

If you or someone you know is struggling or in crisis, help is available. **Call or text 988** or chat 988lifeline.org to reach the 988 Suicide & Crisis Lifeline.

Recognize. Talk. Act.
Suicide is Preventable

RECOGNIZE
It.

TALK
About It.

ACT
On It.

Learn more at: www.RecognizeTalkAct.org

**FOR HELP
24/7**

National Suicide Prevention Lifeline: **1-800-273-TALK (8255)**
EnEspañol: **1-800-799-4889** For Deaf & Hard of Hearing: **1-800-799-4889**
Crisis Text Line: Text **TALK to 741741**