Visit TakeAction4MH.com to find other ways to check in, learn more, and get support for your mental health and the mental health of people you care about.

We’re all on #TeamTakeAction4MH!

Keep this card, or share it with someone in need.
How to Take Action for Suicide Prevention

If you, or someone you know, are experiencing or talking about:

• Wanting to stop living
• Not seeing reasons to live
• Feelings of guilt, shame, or being a burden to others
• Having a sense of emptiness, hopelessness, or being trapped
• Periods of extreme sadness, anxiety, agitation, or rage
• Unbearable emotional or physical pain

Call or text 988, or chat at 988Lifeline.org to connect to help 24/7