



SUICIDE IS NEVER THE ANSWER

There is hope. You are not alone.

*"When it is darkest,
we can see the stars"*
— Ralph Waldo Emerson

*"Place your hand over your
heart, can you feel it? That
is called purpose. You're
alive for a reason, so don't
ever give up"*
— Unknown Author

*"Believe in yourself and all that
you are. Know that there is
something inside you that is
greater than any obstacle."*
— Christian D. Larson

SUICIDE PREVENTION TEXT

Text CONNECT to 741741

This is a 24/7 crisis support line with trained counselors.

Or, call **1-800-273-8255** or **1-800-854-7771**

These are the national and Los Angeles County 24/7
crisis support phone numbers.

