Cut out and fold on gray line and laminate.
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Need to talk to someone?
Learn more about the Suicide Prevention Lifeline.
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[Images of national suicide prevention lines]

1-800-273-8255 (TALK)  1-800-662-4357 (HELP)
TTY: 1-800-799-4889    TTY: 1-800-487-4889

Seeking treatment options?
Help is available in both English and Spanish. Learn more about the SAMHSA National Helpline.

Chat with a professional
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