Every Day is Suicide Prevention Day





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You can make a difference. By taking 5 minutes to get involved and become informed, your actions, no matter how big or small, may provide hope to those who are struggling. Through action, you can make a difference to someone in their darkest moments. We can all play a role in supporting those experiencing a suicidal crisis or those bereaved by suicide.

Take5toSaveLives.org



Help Resources
Suicide Prevention Lifeline (24/7)
988

Crisis Text Line (24/7) Text 4Hope to 741741

Trevor Lifeline (LGBTQ) 866-488-7386 Text START to 678-678

For more information akronchildrens.org/preventsuicide

Change the Conversation — Hope Can Happen

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