

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](https://www.Take5toSaveLives.org)

LEARN THE SIGNS



KNOW HOW TO HELP



PRACTICE SELF CARE



REACH OUT



SPREAD THE WORD



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