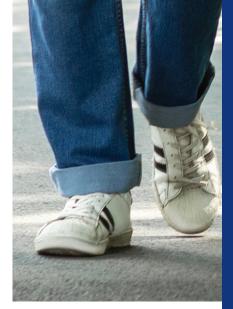
SUICIDE PREVENTION







Download Brochure

Starting a conversation with a friend can be awkward if you don't know where to begin. It's important not to judge or make assumptions. Sharing mental health struggles takes a lot of bravery and vulnerability. For more information about strategies to support the mental health of yourself and others, access the QR code below.

Talk with a trusted adult or healthcare provider about your mental health.

Help is available. If you or someone you know is experiencing a mental health crisis, call or text 988 to be connected with the 988 Suicide and Crisis Lifeline.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®





American Foundation for Suicide Prevention