



Visit **TakeAction4MH.com** to find other ways to check in, learn more, and get support for your mental health and the mental health of people you care about.

We're all on #TeamTakeAction4MH!

Keep this card, or share it with someone in need.

TAKE ACTION

FOR MENTAL HEALTH

How to Take Action for Suicide Prevention

If you, or someone you know, are experiencing or talking about:

- Wanting to stop living
- Not seeing reasons to live
- Feelings of guilt, shame, or being a burden to others
- Having a sense of emptiness, hopelessness, or being trapped
- Periods of extreme sadness, anxiety, agitation, or rage
- Unbearable emotional or physical pain

Call or text **988**, or chat at **988Lifeline.org** to connect to help 24/7

