



## SUICIDE IS PREVENTABLE

- **Learn** about suicide and how to help.
- **Encourage self-care** and support.
- **Talk openly and compassionately** about mental health to reduce stigma.
- **Illuminate** stories of healing and hope.
- **Get involved** on campus.

## KNOW THE SIGNS

- Expressing suicidal thoughts
- Having a specific or detailed plan
- Hopelessness
- Withdrawal or isolation from others
- Increased drug or alcohol use
- Sleeping too little or too much

## HELP IS AVAILABLE

National Suicide Prevention Lifeline (24/7)  
**1-800-273-8255**

Crisis Text Line (24/7) **Text "HOME" to 741 741**  
People of Color can text **"STEVE" to 741 741**

LGBTQ+ folks can call  
**TrevorLifeline | 1-866-488-7386**

Tuttleman Counseling Services  
**[counseling.temple.edu](https://counseling.temple.edu)**

**WELLNESS**  
RESOURCE  CENTER  
**@BeWellTU**