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.

SUICIDE IS PREVENTABLE
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