



When someone feels like everything that makes their life worth living is disappearing, hope can be hard to find.

But even in the darkest times, there is **HOPE**.

What to do...

If you are thinking about suicide:

Talk to someone as soon as you can...

Call 911 or go to the emergency room.

Call one of our hotlines.

National Suicide

Prevention Lifeline

Crisis Line

Teen Talk

434/947-HELP (4357)

434/947-7277

1-800-273-TALK (8255)

Talk to a trusted friend or family member.

Talk to a counselor.