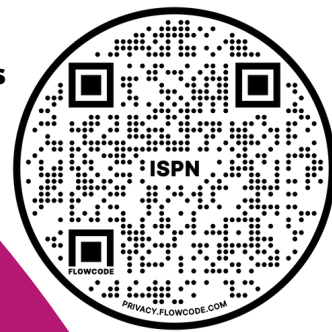


SEPTEMBER IS SUICIDE PREVENTION MONTH

For More
Resources



Mental health is just as important as physical health.

**Text or call
988**

988 offers a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress, whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress.

Ask "Are you thinking about
suicide?"

Show up for that person.

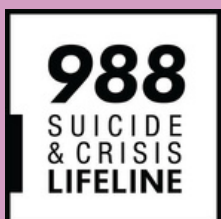
Keep them safe by knowing if
they have a plan or access to
lethal means.

Help them connect to
resources and information on
mental health professionals.

Follow up and see how they
are doing.

#BeThe1To SAVE A LIFE

<https://www.bethe1to.com/>



INDIANA
SUICIDE
PREVENTION
NETWORK

