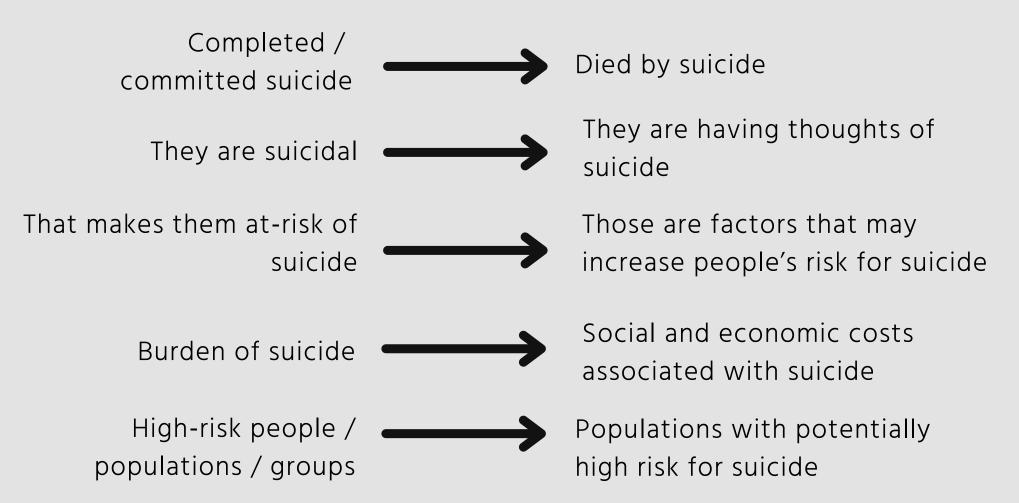
## **Talking About Suicide**

Having a conversation about suicide lets someone know they do not have to be alone, that there are people who want to listen and want to help.

When talking about suicide, the words we use are important. Keep it **clear, factual and neutral.** 

## Instead of



If you're having thoughts of suicide, please call or text **9-8-8**.

If you're experiencing a mental health crisis, call **310-6789**.





Try saying