

**FEELING LOST,
LONELY, DESPARATE?**

**HAVING THOUGHTS
OF SUICIDE?**

**HELP
AVAILABLE**

**Talk to someone.
There IS hope.**

If you or someone you know is in emotional distress or thinking about suicide, please call the National Suicide Prevention Lifeline:

1-800-273-TALK (8255)

With HELP comes HOPE.



For more information, visit <http://dmh.mo.gov>

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