

**Feeling lost, lonely, desperate?**



**When it seems like there's  
no hope, there is help.**

If you feel trapped...If you feel you have no one to turn to...If you've been feeling down for a while and you're not exactly sure why...

It's important to talk to someone. You can talk to someone right now by calling the Lifeline. Help is available at any time of the day or night—and it's completely free and confidential. We're here to listen and to help you find your way back to a happier, healthier life.

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

**1-800-273-TALK (8255)**

**With help comes hope.**

**NATIONAL  
SUICIDE  
PREVENTION  
LIFELINE™  
1-800-273-TALK  
www.suicidepreventionlifeline.org**



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
[www.samhsa.gov](http://www.samhsa.gov)