

**You Survived the Hurricanes.**



**Now Getting Through the Day  
Can Seem Just as Hard.**

**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.**



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

**NATIONAL  
SUICIDE  
PREVENTION  
LIFELINE™  
1-800-273-TALK  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)**