

If you hear someone talking about hurting themselves or others, speak up.



Acknowledge: Listen to your friend, don't ignore threats

Care: Let your friend know you care

Tell: Tell a trusted adult so they can help

HS 07-15W

For more information or help:

Loudoun County Mental Health Emergency 703-777-0320

SAMHSA National Helpline: 800-662-4357 (HELP)

PRS CrisisLink: Call 703-527-4077 or Text "CONNECT" to 855-11

If you or someone you know is thinking about suicide, please call the Lifeline at **1-800-273-TALK (8255)**.

SOS Signs of Suicide®

SMH Screening for
Mental Health*