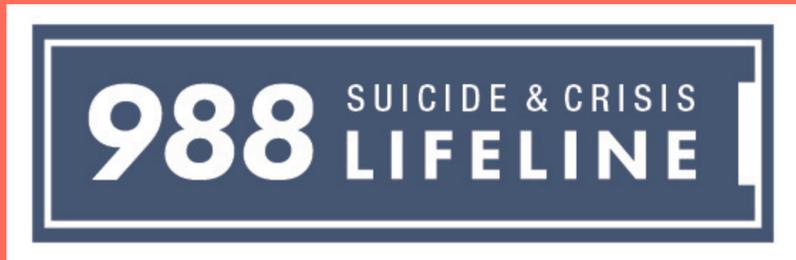


SEPTEMBER IS SUICIDE PREVENTION MONTH

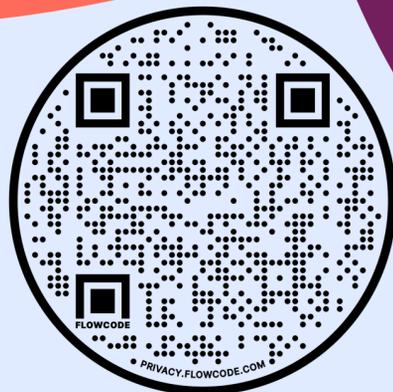
Mental health is just as important as physical health.

IT'S OKAY TO NOT BE OKAY



Text "IN" to 741741

Call 2-1-1, option 3, to speak
with a crisis specialist 24/7



#BeThe1To SAVE A LIFE

Ask "Are you thinking about suicide?"

Show up for that person.

Keep them safe by knowing if they have
a plan or access to lethal means.

Help them connect to resources and
information on mental health
professionals.

Follow up and see how they are
doing.



INDIANA
SUICIDE
PREVENTION
NETWORK



Be Well
Indiana