Stressed Apathy Suicide

Relation Suicide

Relationships Suicidal thoughts Suicidal thoughts Desperate

Depressed Helpless Sadness

Helpless Pager

Prapped Suicide Seall I proper Shame

Suicidal thoughts Desperate

Sadness

Sadness

Crisis Chat at suicideprevention.wellspacehealth.org
Or text the word HOPE to 916.668.iCAN (4226)
24hr Suicide Prevention Crisis Lines:
1-800-273-8255 or (916) 368-3111



Comprehensive care since 1953

Suicide Prevention & Crisis Services – a program of WellSpace Health wellspacehealth.org







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