

STAY ALIVE SUICIDE PREVENTION CARD

1. GO TO WWW.GALLERYOFHOPE.ME
2. FILL OUT THE SUICIDE SAFETY PLAN
3. CHECK THE RESOURCES PAGE FOR INFORMATION
4. FOLLOW THE 14 STEPS TO HELP STAY ALIVE
5. WATCH PREVENTION VIDEOS
6. CONTACT A LIFELINE NUMBER WHEN NEEDED
7. IF IN CRISIS - GO TO A HOSPITAL EMERGENCY ROOM

NATIONAL SUICIDE CRISIS LIFELINE 1-800-273-TALK (8255)

SUICIDIO AYUDA EN ESPAÑOL 1-888-628-9454