

If you are in a crisis or concerned about a loved one,
call the National Suicide Prevention Lifeline at
1.800.273.8255 or text "home" to 741741

It's **OK** to **Not Be Ok**



To be connected with resources
or if you need crisis services, just dial 211.
Visit www.211-broward.org
for an online portal of community resources.

Help is available for all people impacted
by suicide. There are many services ready
to help prevent suicide, support those
thinking about suicide, assist those who
are concerned about someone at risk of
suicide, and support survivors after a loss.

