

Suicide is preventable and there is help available. The National Suicide Prevention Lifeline can be reached at 1-800-273-TALK, that's 1-800-273-8255. There is someone out there. Reach out. Brought to you by the Illinois Department of Public Health and the Hult Center for Healthy Living.

If you, or someone you know, is contemplating suicide, please call the National Suicide Prevention Lifeline at 1-800-273-TALK, that's 1-800-273-8255. There is someone out there. Reach out. Brought to you by the Illinois Department of Public Health and the Hult Center for Healthy Living.

If you feel desperate or alone, help is here. Call the Lifeline and talk with a trained crisis counselor who can help you find your way back to a healthier, happier life. With help comes hope, so call the National Suicide Prevention Lifeline day or night at 1-800-273-TALK, that's 1-800-273-8255. There is someone out there. Reach out. Brought to you by the Illinois Department of Public Health and the Hult Center for Healthy Living.