FEELING LOST, LONELY, DESPERATE?

HAVING THOUGHTS OF SUICIDE?

HELP AVAILABLE

Talk to someone. There IS hope.

If you or someone you know is in emotional distress or thinking about suicide, please call the National Suicide Prevention Lifeline:

1-800-273-TALK (8255)

With HELP comes HOPE.

For more information, visit http://dmh.mo.gov

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