Suicide is preventable.

It’s normal to feel down sometimes. But when feelings of depression, hopelessness, or anxiety persist, it may be more than just sadness. If you want to talk, there are people and resources that can help.

NEVER, NEVER, NEVER GIVE UP.

– Winston Churchill

UA Counseling and Psych Services: 520.621.3334
National Suicide Prevention Lifeline: 1.800.273.TALK (8255)
Pima County Crisis Response Center: 520.622.6000
Suicide Prevention at the UA: preventsuicide.arizona.edu
Friend 2 Friend: f2f.health.arizona.edu

This poster was developed, in part, under grant number IU795M060332-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.