

NEVER, NEVER, NEVER GIVE UP.

– Winston Churchill

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.



Suicide is preventable.



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

