

# YOU can save a life.

**Suicide** is worth talking about.

**Suicide** is a permanent decision.

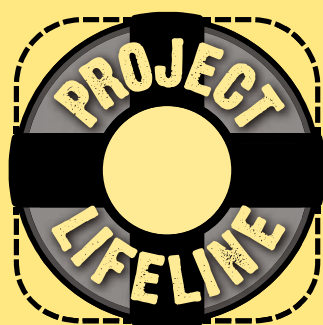
**Suicide** is not the only way out.

**Suicide** affects everyone.

**Suicide** IS PREVENTABLE!

**Notice. Care. Help.**

**Learn how to be a lifesaver. 520.621.5700**



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

Friend 2 Friend: [f2f.health.arizona.edu](http://f2f.health.arizona.edu)