falling down is part of life.
getting back up is living.

#UAHopeNotes

Find. Snap. Share.
Look for UA Hope Notes posted by students around campus!

@UAHopeNotes
@UACampusHealth

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
Suicide Prevention at the UA: preventsuicide.arizona.edu