WHEN YOU ARISE IN THE MORNING, GIVE THANKS FOR THE LIGHT, FOR YOUR LIFE, FOR YOUR STRENGTH.

~ Tecumseh
Legendary Shawnee Native American Chief

If you or someone you know may be depressed or suicidal there is help. Choosing to help is your strength. Reach out and shine light on a life in need.

Notice. Care. Help. Suicide is preventable.

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

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