

Reaching
out is
important.

Do you know someone who's grieving or has lost
someone to suicide?

Print and share these cards to show your support.



This is not your fault.

988 SUICIDE & CRISIS
LIFELINE

call. text. chat.

This pain will ease with time.

988 SUICIDE & CRISIS
LIFELINE

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Allow yourself space and
time to grieve.

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LIFELINE

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It's okay to talk
about your loss.

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Hold on to hope.
I'm here for you.

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LIFELINE

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