



SUICIDE PREVENTION CARD



If you or someone you know is feeling suicidal, please know that you can and will feel better with help! If you or someone you know has any of the Risk Factors listed on the back of this card, they may need help.

**Please reach out!**

It can and will get better. Please call:

- \* The Connection Youth Services at 1- (866) 440-SAFE(7233)
- \* Livingston County Community Mental Health (24/7): 517-546-4126

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