

Get Help Now!

Depressed? Drug Problem? Considering Suicide?



www.ruok.help

You are not alone. No matter what you are struggling with, giving up is not the answer. Don't hide it. TALK about it!

NATIONAL
SUICIDE
PREVENTION
LIFELINE
(800) 273-8255

National
Runaway
Safeline
(800) 786-2929



Get help! Check out one of the organizations above. Talk to your doctor, or a counselor at school, or your minister. Don't just let it drop! Make sure that you always have someone to talk to.

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