



Suicide is Preventable

- help is available
- you are not alone
- confidential
- trained people who care

1-888-568-1112

YOU ARE NOT ALONE.

The following websites are
resources for anyone feeling
suicidal and wanting help.

State:

mainesuicideprevention.org

namimaine.org

National:

safeyouth.org

preventyouthsuicide.org

afsp.org

metrokc.gov/health/glbtyouthsuicide.htm

teen-matters.com

save.org

www.coolnurse.com/suicide.htm

If you are in immediate
need of help call 911
or go to the nearest
Emergency Room.

**Suicide is permanent.
Get help.**

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MYAN

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www.myan.org



Maine Youth Suicide Prevention

Education, Resources and Support—It's Up to All of Us.