

## SHINING A CONTINUE ON DEPRESSION AND SUICIDE.

**Sur mission** is to eradicate suicide by funding depression research, erasing the stigma, and providing hope to those who are struggling in silence.



## HELP IS AVAILABLE. Please REACH OUT.





682-236-6023



There's hope. There's help. 817-952-5571



972-525-8181





682-885-3917



817-927-1088



682-263-LOSS



## **CRISIS TEXT LINE**

Text HELLO to 741741 Free, 24/7, Confidential





