

The Lifeline  
is **FREE**,  
confidential, and  
always available.

**HELP**  
a loved one,  
a friend,  
or yourself.

Community crisis centers  
answer Lifeline calls.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
[www.samhsa.gov](http://www.samhsa.gov)

Printed 2005 • Reprinted 2011  
CMHS-SVP-0126

**NATIONAL**  
**SUICIDE**  
**PREVENTION**  
**LIFELINE**<sup>TM</sup>

1-800-273-TALK (8255)

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**Learn the  
Warning  
Signs.**

La Red Nacional  
de Prevención  
del Suicidio es  
**GRATUITA** y  
confidencial y está  
siempre disponible.

**AYUDE** a una  
persona querida  
o a un amigo,  
o ayúdense a  
sí mismo.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
[www.samhsa.gov](http://www.samhsa.gov)

Impreso 2005 • Reimpreso 2011  
CMHS-SVP-0126s

**RED NACIONAL**  
de  
**PREVENCIÓN**  
del  
**SUICIDIO**<sup>TM</sup>

1-888-628-9454

[prevenciondelsuicidio.org](http://prevenciondelsuicidio.org)

**Conozca  
las señales  
de peligro.**