Save a Life

And...

Pour a glass of milk
Give a hug
The shoes
Address an envelope
Scores
Check the sports channels
Flip through TV
Comb hair
Order a pizza
Check messages
Send an email
Send a text message
Change his mind

A Person Can...

In 15 Seconds

What can you accomplish?

In just 15 seconds

What can you accomplish?

Prevent Suicide

www.preventsuicidewisconsin.org

Prevent Suicide

1-800-273-TALK (8225)

National Suicide Prevention Hotline

If someone you know is suicidal:

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