

## In 15 Seconds A Person Can...

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

# Save a Life

For more information on  
Wisconsin's Suicide Prevention  
efforts  
and how you can help

prevent **suicide**  
WISCONSIN  
PARTNERS SAVING LIVES IN OUR STATE

[www.preventsuicidewi.org](http://www.preventsuicidewi.org)

IF SOMEONE YOU KNOW  
IS SUICIDAL:

**1-800-273-TALK (8255)**

(National Suicide Prevention Hotline)

What can you accomplish

in just  
**15** seconds

hope  
and life

from

prevent **suicide**  
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