



**Thinking  
about  
suicide?**

**Talk to  
someone  
you trust.**

It's hard to talk about suicide. But it's okay to talk about it. You can end the pain without ending your life. With help, there is hope.

1-800-273-TALK (8255)



NORTH DAKOTA  
**SUICIDE**  
PREVENTION PROGRAM



NORTH DAKOTA  
DEPARTMENT of HEALTH

