

SEPTEMBER IS SUICIDE PREVENTION MONTH

Mental health is just as important as physical health.

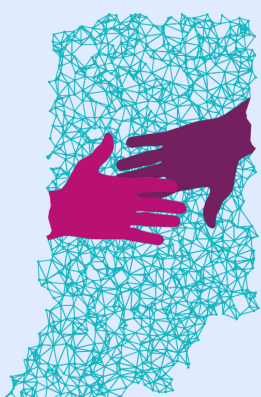
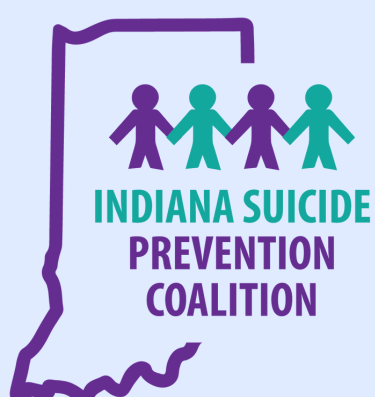
IT'S OKAY TO NOT BE OKAY

Text "IN" to 741741 or call 988

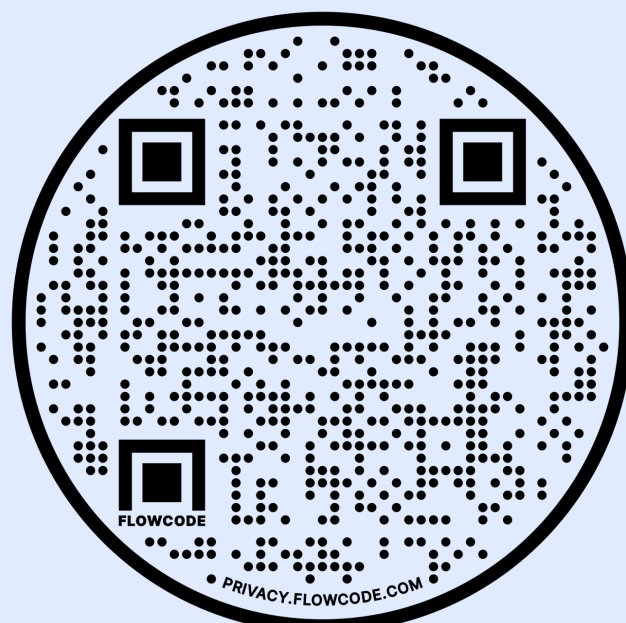
988 offers 24/7 access to trained crisis specialists who can help people experiencing mental health-related distress. That could be:

- Thoughts of suicide
- Mental health or substance use crisis, or
- Any other kind of emotion distress

PFW Office of Student Conduct and Care
scc@pfw.edu
260.481.6601
Walb Student Union - Room 111



INDIANA
SUICIDE
PREVENTION
NETWORK



#BeThe1To SAVE A LIFE

Ask "Are you thinking about suicide?"

Show up for that person.

Keep them safe by knowing if they have a plan or access to lethal means.

Help them connect to resources and information on mental health professionals.

Follow up and see how they are doing.

