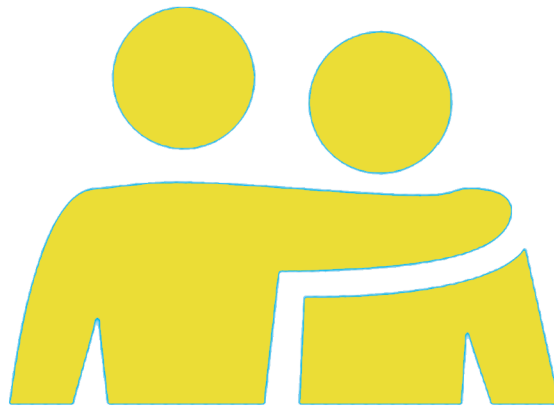


# Suicide Prevention

Experiencing mental illness can be scary and confusing. Discussing what you or a friend are going through with others is an important first step to getting help. Speaking up and asking for help is a sign of strength. You will be amazed by the support you get simply by asking.

Don't be afraid to reach out if you or someone you know needs help.  
Someone is available 24/7.



## **Talk with a Caring Adult:**

Family Member  
Trusted Friend  
School Counselor or Advisor  
School Resource Officer  
Teacher or Coach  
Faith Leader  
Doctor or School Nurse

Maine Statewide Crisis Line  
Call or Text: 1-888-568-1112



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