



LifeMatters can help you support a friend who is struggling with suicidal thoughts.

1-800-634-6433

Assistance with Life, Work, Family, and Wellbeing • 24/7/365
mylifematters.com • Text* "Hello" to 61295 (U.S.)/204-817-1149 (Canada)
Call collect to **262-574-2509** if outside of North America
TTY/TRS 711 and language translation services are available



*SMS messages will be sent for the duration of the chat. Message and data rates may apply. Text HELP for help and STOP to cancel.
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