Every day in our community, friends, family and coworkers struggle with emotional pain.

Sometimes, it can be difficult to talk about the pain, thoughts of suicide and the need for help. Though the warning signs can be subtle, they are there.

Take 5 minutes today and visit suicidesprevention.org. By knowing the warning signs, finding the words to start a conversation and understanding where to reach out for help, you have the power to make a difference.

And if you or someone you know is struggling with thoughts of suicide, there is hope and there is help. Call the numbers below or text to talk confidentially to a trained counselor. Please share this information with your friends, family and coworkers. Start a conversation. You might just save a life today.

If you or someone you know is struggling with thoughts of suicide, Call 1-800-273-TALK or Text CONNECT to 741741.

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
SUICIDEPREVENTIONLIFELINE.ORG