


**Suicide is not  
the answer!**

**Speak up,  
reach out!**

**Call (800) 273-8255  
Text 741741  
or chat @  
[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)  
to speak to someone who cares!**

**Your story is  
not over.**

A black-outlined speech bubble with a tail pointing towards the bottom-left.

**You are  
NOT  
alone.**

A black-outlined speech bubble with a tail pointing towards the bottom-right.

**You cannot  
be replaced.**

A black-outlined speech bubble with a tail pointing towards the bottom-right.

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**You  
matter!**