





**September is
National Suicide
Prevention Month**



**Reach out,
speak up!**

A black and white graphic of a speech bubble. The bubble is an oval shape with a tail pointing towards the bottom-left corner. Inside the bubble, the text "One question shows you care." is written in a bold, black, sans-serif font, centered horizontally and vertically.

**One question
shows you care.**



You are not alone.

You cannot be replaced.

Your story is not over.

You are enough.

One call

can life.

change a

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