

A photograph of two men in conversation. The man on the right is looking towards the man on the left, who is seen in profile. The background is softly blurred. An orange curved line is overlaid on the top right of the image.

Talking about suicide could help you **SAVE A LIFE.**

If you think someone you know is considering suicide, it's important to talk to them about it. Because it could help you save their life. When you need help knowing how to start the conversation, Your Life Iowa is here.

 **CALL: (855) 581-8111**

 **TEXT: (855) 895-8398**

 **CHAT: YourLifeIowa.org**

SAY SOMETHING ABOUT SUICIDE.



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