



Save a life just by asking a question: **Are you thinking about suicide?**

You might not know what to say to someone who you think might be considering suicide — but it's important to start the conversation. Because it could help you save a life.

When you need help knowing what to say, reach out to Your Life Iowa.

SAY SOMETHING ABOUT SUICIDE.

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

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

 **CHAT: YourLifeIowa.org**

YOUR
LIFE
IOWA

IOWA
DEPARTMENT
OF PUBLIC
HEALTH