You just have to ask an important question:

“Are you thinking about suicide?”

Because if you think someone you care about is having suicidal thoughts, it’s important you address it and let them know you’re there for them. When you need help talking to a loved one about suicide, contact Your Life Iowa right away.

WE CAN HELP YOU HELP YOUR LOVED ONES.

CALL 855.581.8111  CHAT YourLifeIowa.org