



UNHCR/ R. Ramzy

“ As a refugee, I have had a hard life. No matter how hard I try, things are not getting better. Slowly my spirit vanishes and I lose hope. ”

If a refugee you know is feeling
HOPELESS, WORTHLESS,

OR ALONE,



**REACH OUT
to THEM.**

You can make
a difference.

You may
SAVE a LIFE.



If someone you know is in emotional distress or suicidal crisis, call the National Suicide Prevention Lifeline, available 24 hours a day and 7 days a week:

1 - 800 - 273 - 8255

FOR INFORMATION ON REFUGEE SUICIDE PREVENTION, GO TO:
www.refugeehealthta.org/suicideprevention

Produced by the Refugee Health Technical Assistance Center (RHTAC). RHTAC is funded by the Office of Refugee Resettlement (ORR) of the U.S. Department of Health and Human Services (Grant No. 90RB0042)