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.

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 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](http://www.refugeehealthta.org/suicideprevention)