



“ 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

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