

This Random Act of Kindness is in

Memory of _____

You are Special!

Hope this gives you a warm feeling in your heart and brightens your day.

What can you do to help someone that is suicidal?

- Begin a dialogue by asking questions.
- Never keep a plan for suicide secret.
- Don't try to minimize problems or shame the person into changing their mind.
- Acknowledge their pain is legitimate and offer to work together to get the person help.

www.Suicide-IowaCountyWI.org
National Helpline- 1-800-273-8255

Never underestimate the difference **YOU** can make in the lives of others.
Step forward, reach out and help.

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