



**YOU
ARE NOT
ALONE**

**SEPTEMBER IS
SUICIDE PREVENTION MONTH**
FOR LINKS TO RESOURCES & ONLINE EVENTS, PLEASE VISIT:
WECARE.EDMONDSWA.GOV

YOU MATTER!

THIS SEPTEMBER LET'S TAKE TIME TO:

- Know the risk factors.
- Learn possible warning signs.
- Take action! Speak to friends and family about mental health and suicide prevention, and know resources are available.

LEARN ABOUT WARNING SIGNS

September 17 @ 7:00 p.m.

**QUESTION, PERSUADE,
REFER TRAINING**

September 23 @ 7:00 p.m.

**COMMUNITY PANEL
FOCUSING ON
EDMONDS YOUTH &
SENIOR CITIZENS**

Snohomish County Crisis Line
1 (800) 584-3578

Crisis Text Line
7 4 1 7 4 1

National Suicide Prevention Hotline
1 (800) 273-TALK (8255)

