

*life happens.
let's talk about it.*

*Your faith community welcomes
you with open doors.*



DID YOU KNOW?

- Research shows that spirituality and religion can provide coping resources, enhance physical health and recovery, and reduce the risk of substance abuse, depression, and suicide.
- Protective factors include having religious and moral beliefs, possessing a purpose for one's life, having community support, and making a commitment to others.

Please take one → _____

**SUPPORT TAKES MANY FORMS.
CHOOSE THE ONE THAT IS RIGHT FOR YOU.**

1. *Suicide Prevention Lifeline: 1-800-273-TALK*
2. *American Association of Suicidology: www.suicidology.org*
3. *Suicide Prevention Resource Center: www.sprc.org*
4. *American Foundation for Suicide Prevention: www.afsp.org/*
5. *People Prevent Suicide: www.peoplepreventsuicide.org*
6. *Fierce Goodbye: www.fiercegoodbye.com*

