



*Public Behavioral Health, Crisis, & Support
bridging the gap for community health and healing.*

Suicide can be prevented.

For local support, contact the
Behavioral Health Crisis Center:

757-656-7755

or

Contact the
National Suicide Prevention Lifeline:

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

RED NACIONAL
de
PREVENCIÓN
del
SUICIDIO
1-888-628-9454
prevenciondelsuicidio.org