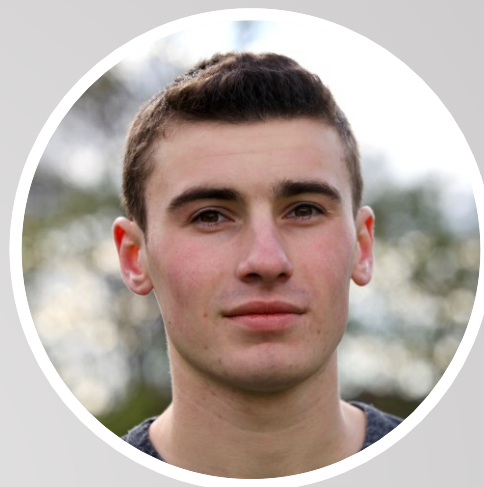


CONNECT • COMMUNICATE • CARE



Life can be overwhelming, and young people can experience depression, anxiety, and thoughts of suicide too.



Connect

Positive personal connections reduce the impact of risk factors for suicide



Communicate

Compassionate communication reduces feelings of isolation and desperation



Care

Timely, appropriate, and comprehensive care is the pathway to sustainable, long-term recovery

#GeorgiaPreventsSuicide



Georgia Department of Behavioral Health & Developmental Disabilities

Office of Federal Grant Programs & Suicide Prevention

988 | SUICIDE & CRISIS LIFELINE

Caring counselors are here for you. You are not alone.

There is **hope**. There is **help**. **Recovery** is possible.

preventsuicidega.org