

WE CAN ALL HELP PREVENT SUICIDES



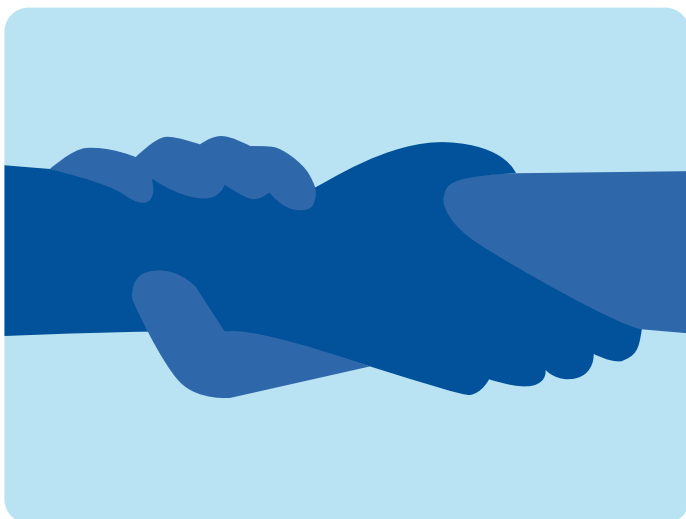
FIND THE WORDS

Learn how to get the conversation started at suicideispreventable.org.

For local help, visit marshalltown.unitypoint.org/suicide or centerassoc.com.

“ Are you thinking about hurting yourself? ”

It's a difficult question to say to a loved one. But when it comes to suicide prevention, there's nothing more important.



REACH OUT

You're not alone. Whether you're showing signs or helping someone else in crisis, there are many resources available, including some in our community.