

# Mental Health Resources



988lifeline.org

Text, call or  
chat with a  
trained crisis  
worker

*"1 in 5 Americans  
live with a mental  
health condition"*

(CDC, 2023)

**WE CAN...**  
**BREAK THE**  
**STIGMA AROUND**  
**MENTAL HEALTH**



suicideispreventable.org

Recognize the  
signs, know how  
to start a  
conversation &  
where to turn  
for help



thurstoncountywa.gov

Find additional  
resources  
regarding  
mental health  
& suicide  
prevention

**Thurston County  
Public Health & Social Services**

PHSS\_mentalhealth@co.thurston.wa.us

360-867-2500

412 Lilly Rd. NE  
Olympia, WA 98506



Public Health & Social Services

Connect with us at @ThurstonHealth



## Question, Persuade, Refer

Like CPR, **QPR** is an emergency response to someone in crisis and can save lives!



**SCAN ME**

Three steps **ANYONE** can learn to help prevent suicide.  
Request a training by scanning the code above!

### LOOK FOR SIGNS

- Talking, joking about death; researching ways to die

### EMPATHIZE & LISTEN

- Offer compassion, not advice. Avoid judgement

### ASK DIRECTLY

- If you see multiple troubling signs, ask directly about suicide

### REMOVE THE DANGERS

- Remove or lock up firearms and medications

### NEXT STEPS

- Together, call the 988 Suicide & Crisis Lifeline



[mysafetyplan.org](https://mysafetyplan.org)



[talkawaythedark.afsp.org](https://talkawaythedark.afsp.org)

Create a safety plan  
as a pre-crisis tool!