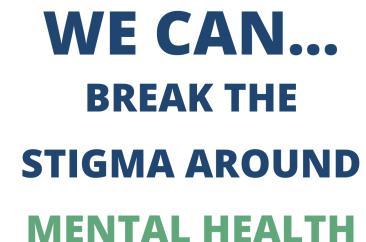
Mental Health Resources



Text, call or chat with a trained crisis worker

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

(CDC, 2023)



988lifeline.org

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



suicideispreventable.org

Thurston County
Public Health & Social Services

PHSS_mentalhealth@co.thurston.wa.us

360-867-2500

412 Lilly Rd. NE Olympia, WA 98506



Find additional resources regarding mental health & suicide prevention



SINCE 1852

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



talkawaythedark.afsp.org





mysafetyplan.org

Create a safety plan as a pre-crisis tool!