



# Has someone mentioned suicide?

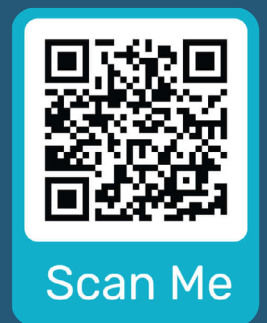
Use one of our messages to support them via text / WhatsApp



- 1 | Scan the QR code or go to **InToughTimesText.org**
- 2 | Pick a medically approved message
- 3 | Send it by selecting either the text button or WhatsApp button



- 4 | Continue support using our App "Prevent A Suicide : what to say"



#SaveALife.SendAText

*Please share this flyer, you never know who might need it.*