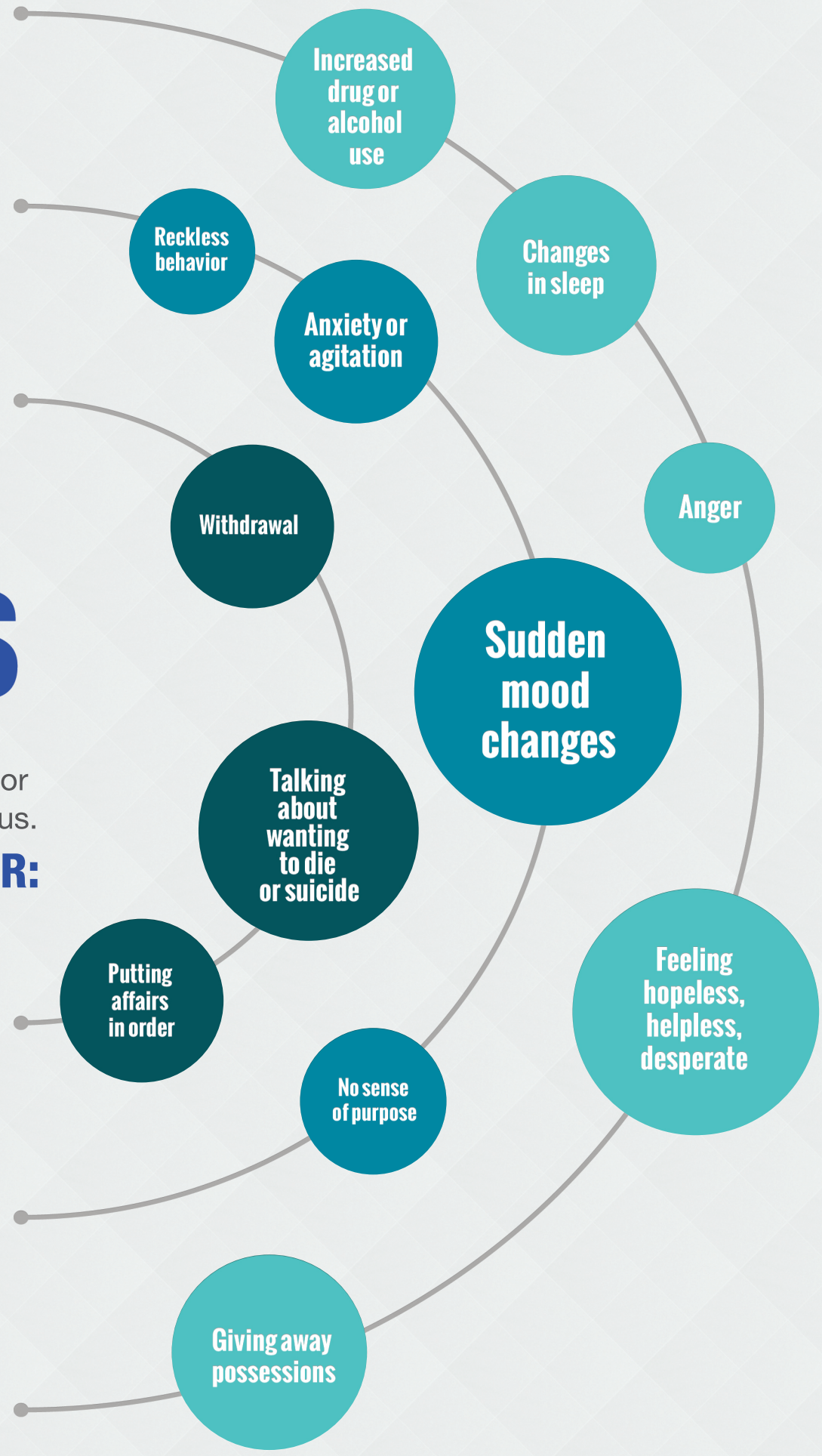
PAIN ISN'T ALWAYS OBVIOUS

The warning signs of emotional pain or suicidal thoughts aren't always obvious.

HERE'S WHAT TO LOOK FOR:



By recognizing the signs, finding the words to start a conversation and reaching out to local resources, you have the power to make a difference. The power to save a life.

Learn more at:

Up2Riverside.org

It's UP to US®

Pain Isn't Always Obvious

KNOW THE SIGNS

Suicide Is Preventable

Riverside University HEALTH SYSTEM Behavioral Health

In a crisis, call the National Suicide Prevention Lifeline (24/7):

(800) 273-8255