

PROMISE TO CALL

A simple promise to yourself, your friends, and your loved ones:



I promise to call and talk to someone if I ever have thoughts of taking my own life.



I promise to listen without judging if someone reaches out to me in their time of need.



I promise to learn about resources to connect people with professionals who can help.

www.promisetocall.com

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Make Your Promise:
www.promisetocall.com



Department of
**Mental Health &
Substance Abuse Services**

Need help now?
Call or Text: 988
Chat: 988lifeline.org