

Social support is the best protective factor against suicide.

In 2013, 84 people ages 10 to 24 died by suicide in Alabama.

Talking about suicidal thoughts helps reduce the pain.

There are more suicides than homicides in Alabama every year.

1 suicide in the US occurs every 14.2 minutes.

JUST TALK ABOUT IT!

1-800-273-TALK

Download the ADPH Mobile APP



FREE



ADPH.ORG

NATIONAL

SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)

suicidepreventionlifeline.org