



Has someone mentioned suicide?

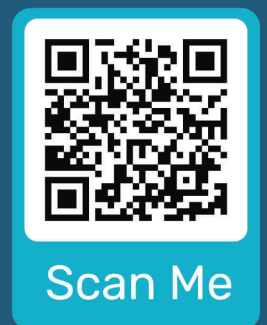
Use one of our messages to support them via text / WhatsApp



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



#SaveALife.SendAText

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