

# The world is a better place with you in it.

**Call or text 988 or talk to someone if you're struggling with thoughts of suicide.**

- Worried about someone else?  
Ask them how you can help.
- Talking to someone about suicide will not make them more likely to act.
- Research shows that providing support and talking about suicide is helpful to people in crisis.

Download our free toolkit by scanning the QR code or at [childrensmercy.org/suicideprevention](https://childrensmercy.org/suicideprevention).



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