



RESOURCES:

THERE IS HELP,
THERE IS HOPE.

Counseling & Psychological Services
618/453-5371

National Suicide Prevention Lifeline
1-800-273-8255

Trevor Lifeline
1-866-488-7386

THE **TREVOR** lifeline
866.488.7386

**YOU ARE
NEVER
ALONE**

TheTrevorProject.org

NATIONAL
SUICIDE
PREVENTION
LIFELINETM
1-800-273-TALK (8255)
suicidepreventionlifeline.org