



**Your gift touches us all**

## GOOD HEALTH

**Suicide Prevention Services** presents to students at our local schools throughout the year, providing them with the tools to help themselves and their friends.

A young girl found out she was pregnant and told her friend that she felt like killing herself. Her friend says "I knew from the training that she wanted all the painful feelings to stop and I knew that she needed to talk with someone that knew more than me—so I gave her the suicide crisis line number. She called and they helped her."



"What I learned saved a life."

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