

There is Hope and Life.

**988**

SUICIDE  
& CRISIS  
**LIFELINE**

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# FORT DEFIANCE INDIAN HOSPITAL BOARD, INC.

## DIVISION OF HEALTHY LIVING AND OUTREACH

### 988 SUICIDE & CRISIS LIFELINE

We can all help prevent suicide. Lifeline provides free, confidential support for people in distress, and crisis resources for you or your loved ones.

**LIFELINE IS AVAILABLE 24 HOURS A DAY/7 DAYS A WEEK.**

#### IF SOMEONE YOU KNOW:

- Threatens Suicide
- Talks about wanting to die
- Shows changes in behavior, appearance, & mood
- Abuses drugs, alcohol
- Deliberately injures themselves
- Appears depressed, sad & withdrawn

#### GET HELP:

You can't do it alone! Contact family, friends, relatives, clergy, teachers, counselors, doctors, crisis lines, mental health services or hospital emergency departments.



*"To provide superior and compassionate healthcare to our community by raising the level of Health, Hozho, and Quality of Life"*

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