

**LET'S  
TALK  
ABOUT**

**SUICIDE**

**ARE YOU  
OK?**

**Speak Up.  
Reach Out.**

Suicide is not easy to talk about, however, it is one of the most common causes of death throughout the U.S. and right here in our own community. You can help make a difference. If you or someone you know is exhibiting warning signs, speak up and reach out.

**YOU ARE  
NOT ALONE**

**GHS** Genesee  
HEALTH SYSTEM

Help is available 24 hours a day  
**877.346.3648**