



THE DETOUR PROJECT

*creating hope, connection
and community.*

**FEELING HOPELESS, TRAPPED OR OVERWHELMED?
IT'S OK TO ASK FOR HELP.**

Talk to a friend, family member, counselor, teacher, coach,
your family doctor, or your religious or spiritual leader.

or call the National Suicide Prevention Lifeline:

1-800-273-8255

Never keep suicidal thoughts or plans a secret.

Worried about a friend or family member?
Get more info, learn the warning signs and how you can help at:

www.knowresolve.org