

13 REASONS WHY THERE IS **HOPE** ►



1. You are NOT alone
2. We are here for you
3. It's okay to ask for help
4. Your feelings are valid
5. Your words and thoughts matter
6. We can get through this together

7. We believe you

8. You are wanted, you are needed, you are loved

9. There are resources available to you

10. You are not a burden

11. Lean on others to lift you up

12. You matter to those in your life

13. Don't give up

**Submitted by CCSU Blue Devils*

LIFELINE

1-800-273-8255

Central Connecticut State University

Division of Student Affairs
Student Wellness Services
Wellness Education



www.preventsuicidect.org



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