



*Crisis can affect
anyone at anytime.
Let us help.*

Whether you had a bad day, or just need a non-judgmental ear to listen, we are here for you, no matter what you want to talk about. Our highly-skilled and compassionate staff are here to help.

We are also here for those who want to know more about suicide prevention and further resources. We can all build a community that celebrates asking for help and supports those who experience behavioral health challenges, including thoughts of suicide.

Struggling? Reach out

VOA Care Crisis Response Services offers 24 hour emotional support to individuals in crisis and/or considering suicide. Our crisis services are available by phone and instant messaging.

imhurting
CRISIS CHAT

**Call 9-8-8 or
visit www.imhurting.org**

If you think someone may be struggling with thoughts of suicide, have a conversation with them in private. Ask them gently but directly if they are thinking about suicide. Listen without judgment and be prepared to offer your support. Encourage them to seek treatment by connecting with their doctor or therapist.

If they say they are thinking about suicide, take them seriously. Stay with them and remove anything they could use to harm themselves. We are available at the same phone or chat lines to get help.

Accredited by the American Association of Suicidology and the International Council of Helplines

