

*"Community is the healer that breaks the silence."*

If you or someone you know may be suicidal,  
please get help! Call 1.800.273.TALK (8255)  
or visit [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**THRIVE**

[www.npaihb.org](http://www.npaihb.org)

