

PUT IT IN YOUR PHONE!

TAKE 10 SECONDS TO PUT 10 DIGITS IN YOUR PHONE AND YOU'RE READY TO SAVE A LIFE!

1 OPEN YOUR PHONE

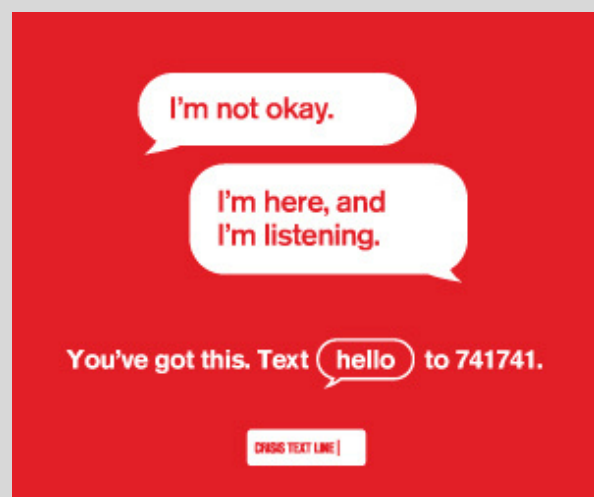
2 CREATE A NEW CONTACT

3 ENTER THESE NUMBERS



800-273-8255

National Suicide Prevention Lifeline



741-741

Crisis Text Line

#10for10 to Save a Life