There are more suicides than murders in Alabama every year.

Talking about suicidal thoughts helps reduce the pain.

In 2018, 116 people ages 10 to 24 died by suicide in Alabama.

- It is a confidential call. No one will know you called but you.
- If you or a friend are having suicidal thoughts, just talk about it...to a friend, to a teacher, to a coach, to a leader, to us...but TALK!

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