

Ray of HOPE

HOPE



**Are you or someone
you know struggling?...**

NEED HELP?

If you are having suicidal thoughts, depression or personal crisis help is available and recovery is possible.

You are not alone

Pathways Mobile Crisis Line

Call 1-800-836-6010

Hotline. T.T.Y. Accessible

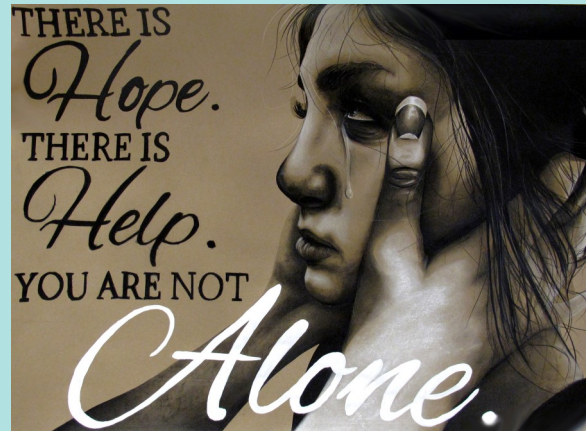
National Suicide Prevention Lifeline 24/7

Call 1-800- 273-TALK (8255)

Special Veteran line press 1

Or text START to 741-741

**Dial 911 in case of emergency or
visit the nearest emergency room**



Artist: Alyssa Minko, Norwin High School

RAY OF HOPE

WESTMORELAND COUNTY

Facebook.com/RayofHopeSuicideAwareness

Phone: 724-834-6351

Website:

www.rayofhopewestmoreland.org



There

Is

Help

For immediate help call the local crisis center
724-832-4465

Corner of Depot and West Pittsburgh St,
Greensburg PA 15601

Across from the main hospital entrance

RAY OF HOPE: SUICIDE AWARENESS AND PREVENTION

You know what hope is?
It's magic and it's free.
It's not in a prescription.
It's not in an IV
It punctuates our laughter,
It sparkles in our tears.
It simmers under sorrows,
And dissipates our fears.
Do you know what hope is?
It's reaching past today,
It's dreaming of tomorrow,
It's trying a new way.
It's pushing past impossible
It's pounding on the door.
It's questioning the answer,
It's always seeking more.
It's rumors of a break
It's whispers of a cure
A roller coaster ride
Of remedies, unsure.
Do you know what hope is?
It's candy for the soul,
It's perfume for the spirit,
To share it

Author: Mari Anne McNanny



Help is Available

Ray of Hope
www.rayofhopewestmoreland.org

Pennsylvania Youth Suicide Prevention Initiative
www.payspi.org

The Trevor Project
www.thetrevorproject.org

The Jason Foundation
www.jasonfoundation.org

Excela Crisis Walk in Center
across from main hospital entrance

VeteranCrisisline.net

For college students-The Active
Minds Chapter
www.activeminds.org

Jed Foundation
halfopus.com



Suicide Warning Signs:

- Acting impulsively
- Giving away possessions
- Losing interest in most activities
- Withdrawing from family and friends
- Talking about death
- Feeling depressed

WWW.RAYOFHOPEWESTMORELAND.ORG

Greensburg, Pa 15601

Phone: 724-834-6351

E-mail: complete 'contact us' on
website

