

OHIO'S STRIVE FOR 5 CHALLENGE

#IN THIS
TOGETHER 
Ohio

Find your 5. Check in with them every day for the next 30 days.

#OHStrive5

The Geauga County Suicide Prevention Coalition urges you to **REACH OUT**, **CONNECT** and **COMFORT** each other while we work our way through the ever-changing transition of opening up our schools and communities.

Choose 5 people to reach out to over the next 30 days.

Focus on those who cope every day with a mental health concern, such as depression, anxiety or addiction.

TEXT, CALL, TWEET. Social connectedness is important to good overall health – physical and mental!

START TODAY. STRIVE FOR 5!

If someone you know is thinking about suicide, persuade them to talk. If you feel danger is imminent, do not leave them alone: Call **9-1-1** or contact COPELINE at **440-285-5665** or **1-888-285-5665**.

