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**.