

Where
there is
help,
there is
hope

suicidepreventionlifeline.org

National Hotline:

1-800-273-TALK (8255)

In Case of an Immediate Emergency, local
help is available. Call

810-667-0500

EARS Line

At Lapeer County Community Mental Health

Walk in is available Mon & Fri 8 to 5, Tues & Thurs 8 to 7

Or

810-667-5611

The Hope Line

At Lapeer Regional Medical Center

**Lapeer County Suicide Prevention Network
participating members:**

Lapeer County Community Collaborative

Lapeer County Health Dept.

Lapeer County Community Mental Health

Lapeer County Sheriff's Dept.

Lapeer Regional Medical Center

Lapeer County Churches

Feel free to duplicate as necessary

When You Think
There is No Help...

THERE IS!



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Lapeer County Suicide Prevention Network

Having Trouble Coping?

After a traumatic event, problems may come and go. It's important to know when to ask for help. If you or someone you know is experiencing any of the following problems, please ask us for help:

- Eating or sleeping too much or too little
- Pulling away from people and activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Begin or increase smoking, drinking, or using drugs more than you should
- Feeling unusually confused or forgetful; on edge, angry, or upset; or worried and scared.
- Yelling or fighting with family and friends
- Having thoughts and memories you can't get out of your head
- Thinking of hurting or killing yourself or someone else
- Unable to perform daily tasks like

taking care of your kids or getting to work or school

- Seeing no reason for living or seeing no purpose in life
- Traumatic events such as:
 - * divorce
 - * losing your job
 - * loss of a loved one
 - * foreclosure

There is Hope!

While all may seem hopeless now, there is help available. Call the helpline numbers listed in this brochure or call your local church and ask for help. Some things to keep in mind:

- * Your family needs you
- * Losing your house in foreclosure does not mean you have lost it all
- * The economy does not define who you are
- * Someone loves you deeply
- * You are wanted and needed
- * Your children are important
- * Friends understand and care



Help is only a phone call away. Please don't wait, seek help.

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