



*“Why are they so mean?  
I don’t want to go to school  
anymore, I don’t want to  
play sports. I just want to  
do nothing.”*

Depression is an illness that affects six million people nationwide. This can be brought on by a spontaneous physical or chemical change in the brain or external influences such as a significant loss by death, separation, divorce, moving from one’s home or illness. The fact remains that depression IS NOT a normal part of life. Please see the reverse side for a list of questions that can help you identify if someone you love is contemplating suicide.

**Ask a Question,  
Save a Life**

## Ask a Question, *Save a Life*

### Ask Questions!

*I'm concerned about you:*

- Do you feel like nobody cares?
- Do you feel worthless?
- Are you thinking of killing yourself?

Please remember, you cannot make someone suicidal by talking about it. If you get a "yes" answer, don't panic.

It's time to ask for help – call now!

### Local Professional Resources

- Suicide Hotline for Franklin County (614) 221-5445
- Your hospital emergency room
- Your local mental health agency
- 1-800-SUICIDE (784-2433)
- Your church
- 9-1-1

Franklin County Suicide  
Prevention Coalition

