



*“I can’t believe I still can’t find a job. How am I going to keep this house? How am I going to take care of my family? I just can’t do this anymore.”*

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 things seem hopeless to you?
- Are you thinking it would be easier to be dead?
- 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



**OhioHealth**