

Struggling with addiction? Feeling hopeless?

**Asking for help is the bravest thing you can do.  
It could save your life.**



**1** WORD  
VOICE  
LIFE  
Be the **ONE** to start  
the **conversation**

[preventsuicidect.org](http://preventsuicidect.org)

**CHANGE**  
the **SCRIPT**

[drugfreect.org](http://drugfreect.org)

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