

# There Is Hope

## You are NOT Alone!

No matter *where* you live, **FREE** and **CONFIDENTIAL** help for you and your children is just a phone call away. For immediate assistance call **605-472-0508**  
Family Crisis Center, Inc.



at Ginny's House  
PO Box 347  
Redfield, SD 57469

Serving Faulk, Hand & Spink counties

## NEED TO TALK?

HELP!

MY FRIEND IS THINKING ABOUT SUICIDE

Text icare to 898211

# TEXT 4 HOPE

helpline center

I FEEL STRESSED OUT ALL THE TIME

Text icare to 898211  
Available 24/7

helpline center

I'M WORRIED ABOUT MY FRIEND. HOW CAN I HELP?

NO ONE GETS ME

I FEEL DEPRESSED AND DON'T KNOW WHAT TO DO

Text icare to 898211

Text4Hope is available for all South Dakota high school students

Supported by  
**SANFORD HEALTH**

## Resources Listed Below:

### Helpline Center:

<https://www.helplinecenter.org/2-1-1-community-resources/helist/>

### Community Behavior Health Services:

<https://dss.sd.gov/behavioralhealth/community/>

### Telemental Health Guide:

<https://www.helplinecenter.org/wp-content/uploads/HLCRD-Online-Counseling-Guide.pdf?nc386>

**BE THERE FOR  
PEOPLE WHO  
NEED SOMEONE**

**YOU ARE  
NOT  
ALONE**

NATIONAL  
**SUICIDE PREVENTION  
LIFELINE**  
1-800-273-TALK (8255)  
suicidepreventionlifeline.org

Today You Are YOU  
that is true!  
**thAn tRue.**  
TheRe iS No oNe AlIVe  
who iS Youer  
**thAn You.**  
- dR. sEuSS



### THIS RIBBON IS A LIFELINE!

It carries the message that there are those who care and will help! If you are in need and don't know how to ask for help, take this card to a counselor, teacher, clergy, doctor, parent, or friend and say:

**"I NEED TO USE MY YELLOW RIBBON"**

The Yellow Ribbon Program is in loving memory of Michael Emme

### BE-A-LINK! - SAVE A LIFE!

If you have received this card, it is a cry for help:

- Stay with the person - you are their *lifeline!*
- Listen, *really listen.* Take them seriously!
  - Get, or call, help *immediately!*

**It's OK to Ask4Help!**

800-273-TALK (8255) or 800-SUICIDE (784-2433)

YELLOW RIBBON SUICIDE PREVENTION PROGRAM • 303-429-3530 • [www.yellowribbon.org](http://www.yellowribbon.org)