



mental health

TALK.  
LISTEN.  
STAY.  
CONNECT.

If someone talks about self-harm or feeling hopeless, help is available immediately.



**CALL OR TEXT 988**  
SUICIDE & CRISIS HOTLINE

**CALL 315-782-2327**  
MOBILE CRISIS HOTLINE





# *mental health*

TALK.  
LISTEN.  
STAY.  
CONNECT.

If someone seems overwhelmed, withdrawn, or not like themselves, starting a conversation can matter more than having the perfect words.

Listen without interrupting. Avoid fixing or judging. Stay present.



**CALL OR TEXT 988**  
SUICIDE & CRISIS HOTLINE

**CALL 315-782-2327**  
MOBILE CRISIS HOTLINE



◆  
*mental health*

TALK.  
LISTEN.  
STAY.  
CONNECT.

Listening matters. Let them speak. Take concerns seriously. Stay with them and help connect them to support.



**CALL OR TEXT 988**  
SUICIDE & CRISIS HOTLINE

**CALL 315-782-2327**  
MOBILE CRISIS HOTLINE



In Jefferson County, people are used to pushing through tough times—but some struggles need to be talked about.



# *mental health*

TALK.  
LISTEN.  
STAY.  
CONNECT.

**Ask:**

**"I've noticed you haven't been yourself lately. Want to talk?"**



**CALL OR TEXT 988**  
SUICIDE & CRISIS HOTLINE

**CALL 315-782-2327**  
MOBILE CRISIS HOTLINE





# *mental health*

TALK.  
LISTEN.  
STAY.  
CONNECT.



Rural communities face unique challenges—distance, isolation, financial stress, and limited access to services. These pressures can affect mental health, even in people who appear strong and capable.

"You don't have to figure this out today - we can take this one step at a time."



**CALL OR TEXT 988**  
SUICIDE & CRISIS HOTLINE

**CALL 315-782-2327**  
MOBILE CRISIS HOTLINE



In Jefferson County, neighbors look out for one another. That includes paying attention when someone seems to be carrying more than they can handle.

You don't need special training to start a conversation. You can say, "I've been thinking about you."

# *mental health*

TALK.  
LISTEN.  
STAY.  
CONNECT.



**CALL OR TEXT 988**  
SUICIDE & CRISIS HOTLINE

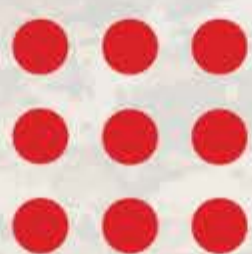
**CALL 315-782-2327**  
MOBILE CRISIS HOTLINE



# mental health



**TALK. IT TAKES COURAGE**  
**LISTEN. to talk about suicide.**  
**STAY.**  
**CONNECT.**



**Veterans  
Crisis Line**

**DIAL 988 then PRESS 1**

**START THE  
CONVERSATION.**

*mental health*



TALK.  
LISTEN.  
STAY.  
CONNECT.

**MAKE THE  
DIFFERENCE IN  
SOMEONE'S LIFE.**



**Veterans  
Crisis Line**

**DIAL 988 then PRESS 1**