## Continue your Story

Your life matters. Help is available

Text "MT" to 741-741

A FREE, 24/7 TEXT LINE FOR PEOPLE IN CRISIS

NATIONAL

## SULUDE PREVENTION LIFELINE

1-800-273-TALK (8255)

suicidepreventionlifeline.org



PRINTING MADE POSSIBLE IN PART BY A GRANT FROM THE AAP FRIENDS OF CHILDREN HEALTHY PEOPLE 2020 GRANT PROGRAM.

MONTANA CHAPTER, AMERICAN ACADEMY OF PEDIATRICS: WWW.MTPEDS.ORG