Express your concern

Ask the question, “Are you thinking about suicide?”

Offer hope, support and understanding

Get help, together.

Reach out

Get help

It is important to connect someone in distress with professional support. Help is available 24/7, get help now!

- WWU Counseling Center 360.650.3164, select Option 1 for help after-hours
- WWU Student Health Center 360.650.3400
- National Suicide Prevention Hotline 1.800.273.8255 (TALK)
- Crisis Text Line 741741

Contact the Suicide Prevention program at suicideprevention@wwu.edu or visit our website at www.suicideprevention.wwu.edu