

help prevent youth suicide
encourage
HOPE & HELP

www.EncourageHopeandHelp.com

Encourage Hope and Help is a suicide prevention website for youth (ages 10-24), parents, educators, LGBTQ, attempt survivors, loss survivors, veterans, and community members in the Kansas City area. Through education and prevention efforts, we strive to end youth suicide.

RESOURCES YOU'LL FIND:

- Mental Wellness and Suicide Prevention
- Bullying Prevention
- Healthy Coping Skills
- Self-Care
- Local, State and National programs and services

A RESOURCE OF

BEACON | MENTAL
HEALTH

www.beaconmentalhealth.org

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NEED SUPPORT?

Are you struggling with your mental health and need someone to talk to? Is someone you care about experiencing a mental health crisis?



CALL or TEXT 988
or **CHAT** at www.988Lifeline.org

FREE. CONFIDENTIAL. AVAILABLE 24/7.

CONTACT: Youth Suicide Prevention Specialist | prevention@beaconmh.org