Office of the Ombudsman
Independent Health & Wellness Advisor to Corrections

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September is National Suicide Prevention Awareness Month!

The Office of the Ombudsman cares about you! You matter!

If you, or anyone you know or work with, is struggling with depression or thoughts of suicide, get help or support. Getting help is the brave thing to do! It takes strength and power to seek help for yourself or someone you know or work with. Do the strong thing!

Take time to watch out for others and reach out to those that do not seem ok!

Name	Contact
National Suicide Hotline	988 or 1-800-273-TALK (8255)
National Hopeline Network	1-800-SUICIDE (784-2433)
EASU	1-508-422-3481
Samaritans Statewide Helpline	1-877-870-4673
Community Mental Health Services	1-833-773-2445