



PROVIDING SUICIDE PREVENTION EDUCATION
AND TRAINING TO SCHOOLS AND COMMUNITIES
THROUGHOUT THE STATE OF NEW HAMPSHIRE



QR CODE

P.O. BOX 283
EXETER, NH 03833
INFO@CONNORSCLIMB.ORG

WWW.CONNORSCLIMB.ORG



FRONT



Concerned about yourself
or someone you know?
Don't be afraid to ACT!

Acknowledge signs of depression
or suicide in yourself or a
friend.
Care about yourself or a friend
by sharing their concern and
the need for help.
Tell a trusted adult they are
worried about yourself or a
friend.



988
SUICIDE
& CRISIS
LIFELINE



If you or someone you know needs help immediately,
dial or text 9-8-8, or visit 988lifeline.org

#StickItToStigma

BACK