You're Not Alone

Tabler Steps to Success

Center for Prevention and Outreach

Alcohol / Drug Services
632-6790
632-6750
WHY IS HOLLY GOING IN THERE

IS SHE DRUNK?

THAT’S NOT LIKE HER
SEVEN DEADLY SECRETS

- Depression
- Addiction
- Suicide
- Addiction
- Suicide
- Addiction
- Suicide

Photos:
- I can't look forward
- Just one time
- This is happiness
I don't want to be a burden
Trouble in the Medicine Cabinet
The Gray College Times

FALL 2004

BURST A BUBBLE
Suicide Prevention

Steps to Save A Life
Question the Person About Suicide
- Analyze the person might be suicidal
- Listen. Finish Out.

Persuade the Person To Get Help
- Uw persuasive foot, tell your
- Mental Health center, local
- hotline, or emergency services.

Refer for Help
- Don't try to do everything
- yourself. Get others involved.
- Student Health Center

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