



**“  
Today, I’m  
talking to  
my doctor  
about my  
depression**



**“  
Today, I’m  
talking to  
my friend  
about my  
anxiety.**



**“  
Today, I’m  
talking to  
my boss  
about my  
thoughts  
of suicide.**

**Depression, anxiety, and  
thoughts of suicide are  
serious.**

**SAVE can help you learn how.**

**Speak up and save a life.**



**Visit [SAVE.org](https://www.save.org) to learn more.**