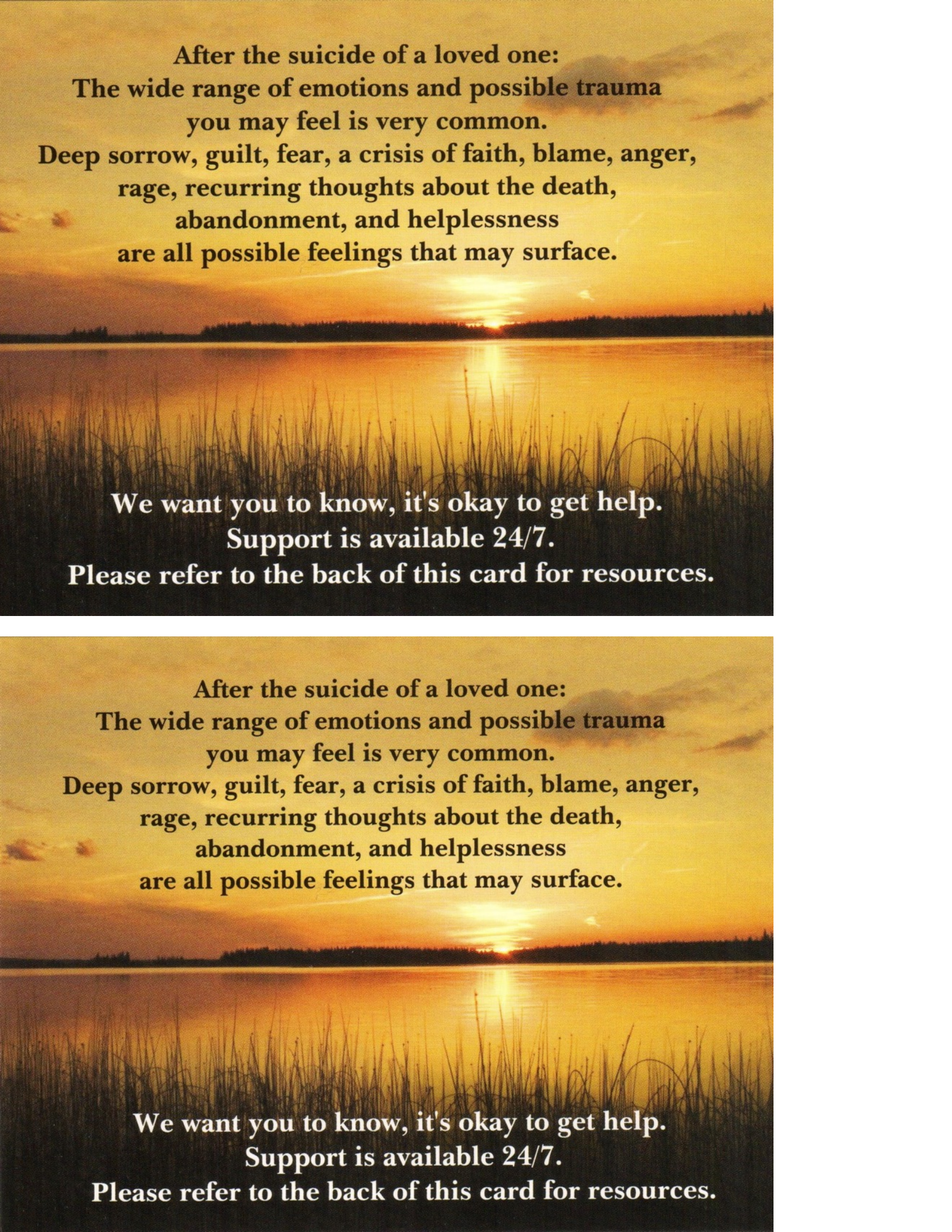
A serene sunset scene over a body of water. The sun is low on the horizon, casting a golden glow across the sky and reflecting on the water. In the foreground, there are tall, dark reeds or grasses. The overall mood is peaceful and contemplative.

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The wide range of emotions and possible trauma
you may feel is very common.
Deep sorrow, guilt, fear, a crisis of faith, blame, anger,
rage, recurring thoughts about the death,
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**We want you to know, it's okay to get help.
Support is available 24/7.
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**If you have lost someone to suicide, you are not alone.
Please contact any of these resources for support through
this difficult time.**

Jackson County Mental Health: 541-774-8201(24/7 crisis line)

Winterspring Grief Support: www.winterspring.org

National Suicide Prevention Line (24/7): 1-800-273-8255

Oregon Youth Line: Text teen2teen to 839863

Department of Veteran Affairs: 541-826-2111 x3631

National Alliance on Mental Illness (NAMI): 541-774-7872

Suicide Prevention Resource Center: www.sprc.org

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