

You are not alone.

Call Tele-MANAS free on 14416, any hour.

Signs it is time to reach out now

- ! Thoughts of ending your life, or that loved ones are better off without you.
- ! A feeling that you cannot keep yourself safe in the next few hours.
- ! Someone close talking about death, saying goodbye, or giving things away.
- ! A deep low, or a sudden risky change.

What to do, one step at a time

- 1 Call Tele-MANAS on 14416 now. Reaching out is a strength.
- 2 Do not stay alone. Tell one person you trust and ask them to stay.
- 3 Move anything you could harm yourself with out of reach.
- 4 If life is in danger right now, call 112 or go to a hospital.

Tele-MANAS	14416
iCall	9152987821
Vandrevala Foundation	9999 666 555
KIRAN	1800 599 0019
Emergency	112