

## Our commitment:

We will...

Listen. Help you to feel understood. Discuss suicide calmly and directly. Treat you with dignity, compassion, and respect. Explore support or intervention options.

Help you regain strength to face life. Sort out issues with you. Talk about a plan for safety. Help you to feel connected again. Become a trusted 24hr resource.

[wellspacehealth.org](http://wellspacehealth.org)



SACRAMENTO  
COUNTY

*Funded by counties through the voter approved  
Mental Health Services Act (Prop. 63).*

# Suicide Prevention & Crisis Services

A program of WellSpace Health

**24hr Suicide Prevention  
Crisis Lines**

**CRISIS CHAT  
Instant Messaging**

**CRISIS TEXT**



**WELLSPACE**  
**HEALTH**

Comprehensive care since 1953

