

DIAL

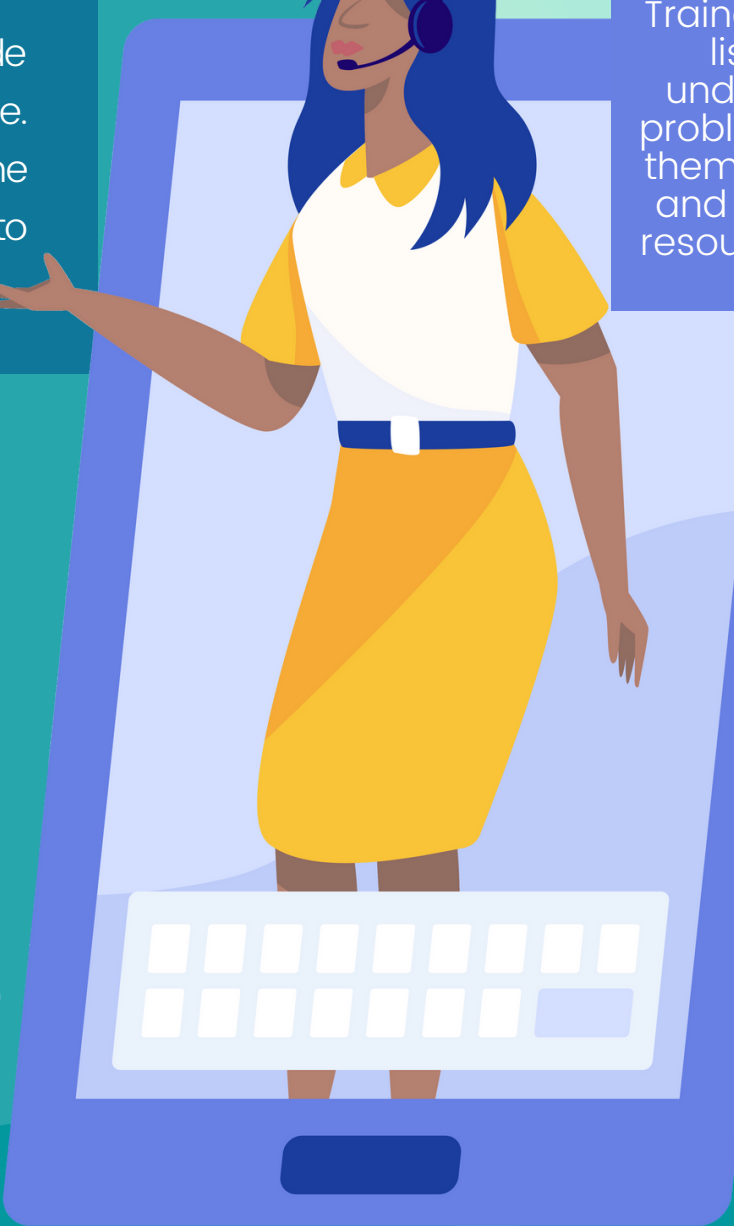
988

NATIONAL SUICIDE PREVENTION LIFELINE.

988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline. While some areas may be currently able to connect to the Lifeline by dialing 988, this dialing code will be available to everyone across the United States starting on July 16, 2022.

You and your needs matter.

Trained counselors will listen to callers, understand how the problems are affecting them, provide support, and connect them to resources if necessary.



SUICIDE WARNING SIGNS

- Talking about:** wanting to die | great guilt or shame | being a burden to others
- Feeling:** empty, hopeless, trapped, or having no reason to live | extremely sad, more anxious, agitated, or full of rage | unbearable emotional or physical pain
- Changing behavior, such as:** Making a plan or researching ways to die | Withdrawing from friends, saying good bye, giving away important items, or making a will | Taking dangerous risks such as driving extremely fast | Displaying extreme mood swings | Eating or sleeping more or less | Using drugs or alcohol more often

911

Good Samaritan Law

IN ARIZONA

Good Samaritan laws offer protection to someone who attempts to help a person in distress. Common examples might include someone who is experiencing chest pains or fell and hit their head on the sidewalk. Good Samaritan laws are written to encourage bystanders to get involved in these and other emergency situations without fear that they will be sued if their actions inadvertently contribute to a person's injury or death. This is important as seconds often count in an emergency. Giving first aid before the ambulance arrives can be the difference in whether someone lives or dies.

THE PROBLEM

Witnesses to a drug overdose are often reluctant to seek help for fear of prosecution for their own drug use.

THE SOLUTION

The "911 Good Samaritan Law" allows Arizonans to call 911 without fear for arrest

Similar laws instituted in other states have decreased opioid overdoses by 9-11%

SIGNS OF AN OVERDOSE

Here are some common signs of drug overdose. Knowing these signs can help save lives.



Vomiting or making gurgling sounds.



Slower or even stopped breathing



Trouble staying awake



Extremely small pupils



A slower heart rate

You're not alone.