

# Coos Health & Wellness

Together, Inspiring Healthier Communities



January 31, 2017

## **FOR IMMEDIATE RELEASE**

### **Help is Available**

If you or a friend are struggling with depression, feeling hopeless, or having thoughts of harming yourself please reach out to those around you and ask for help. The National Suicide Prevention Lifeline and Coos Health & Wellness Crisis Line are available 24/7 for free, confidential support for people in distress; call:

**Lifeline**

**1-800-273-8255**

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**Crisis Line**

**541-751-2550**

Also, if you have lost a loved one to suicide, you are not alone. The American Foundation for Suicide Prevention has support for those who have lost someone to suicide: <https://afsp.org/find-support/>.

***David Geels, LPC – Behavioral Health Director***

1975 McPherson Avenue, North Bend, OR 97459

541-751-2500 Crisis Line: 541-751-2550

*Coos County is an Affirmative Action/EEO TTY Relay: 7-1-1*