

PROTECTIVE FACTORS AGAINST SUICIDE RISK

Hancock County Community Partnership

In Hancock County

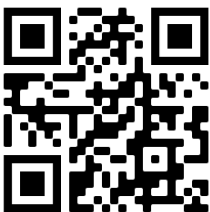
- **81 people** died by suicide from 2011-2021.

Seek Help

If you're experiencing suicidal thoughts, you are not alone.



Call or text
24/7 for help



[Hancockhelps.org](https://www.hancockhelps.org)

CRISIS TEXT LINE |

Text "Hello" to 741-741

Mental and Emotional

- Connect with others
- Take breaks
- Seek mental health treatment as needed

Physical

- Eat healthy
- Do physical activity
- Get enough sleep
- Follow a daily routine
- Reduce access to lethal risks (guns, pills)

For Questions or More Information: (419) 424-1985