



Department of
**Mental Health &
Substance Abuse Services**



PROMISE
TO CALL

PROMISE TO CALL



A simple promise to yourself, your friends, and your loved ones.

In a moment of hopelessness, despair, or desperation,
too many people make a choice they can't take back.
We're losing too many Tennesseans to suicide.

Will you promise to call?

TN

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PROMISE TO CALL



A simple promise to yourself, your friends, and your loved ones.

The promise is simple: In a time when you're feeling good, possibly even right now, make a promise to yourself that if you ever have thoughts of taking your own life you will call or text someone first.

That loved one, friend, or counselor will no doubt remind you that you are loved, show you that your life matters, and to help you reconsider your situation.

TN

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PROMISE TO CALL

A simple promise to yourself, your friends, and your loved ones:



I promise to call and talk to someone if I ever have thoughts of taking my own life.



I promise to listen without judging if someone reaches out to me in their time of need.



I promise to learn about resources to connect people with professionals who can help.

PromiseToCall.com

PROMISE TO CALL

Make Your Promise:
PromiseToCall.com



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Need help now?
Call or Text: 988
Chat: [988lifeline.org](https://www.988lifeline.org)

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**SUICIDE & CRISIS
LIFELINE**