



MEN 55+

- Account for almost **HALF** of all suicide deaths in Bucks County the past several years
- **68%** of those suicide deaths were due to use of a firearm

Depression, anxiety, and suicidal feelings can come on suddenly and feel overwhelming, but there is help available.

There may be days you do not feel it, but **YOU MATTER!**

Crisis/Emergency Numbers:

988

24/7 National Suicide & Crisis Lifeline. Call, Text, Chat.

1-800-499-7455

Lenape Valley Foundation
24/7 Crisis Line

1-877-435-7709

Lenape Valley Mobile Crisis

1-866-399-6264

NAMI HelpLine
(10am-10pm)

[HoldOnYouMatter.com](https://www.HoldOnYouMatter.com)

Bucks County Suicide Prevention Task Force