



# Rocks 'n Rollers

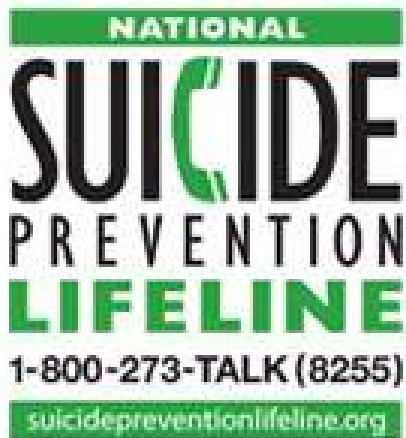
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LAKESIDE INDUSTRIES, INC.

*(From Page 8 in Rocks 'n Rollers 3rd Quarter 2015)*



Sometimes the pressures of life get in the way and we or someone we care about need a lifeline. The National Suicide Prevention Lifeline is a lifesaver and can be used in a time of crisis free and confidentially.

If you feel you are in a crisis, whether or not you are thinking about killing yourself, please call the National Suicide Prevention Lifeline. People have called us for confidential help with substance abuse, economic worries, relationship and family problems, sexual orientation, illness, getting over abuse, depression, mental and physical illness, and even loneliness.

When you dial **1-800-273-TALK (8255)**, you are calling the 24/7 crisis center in the Lifeline network closest to your location.

After you call, you will hear a message saying you have reached the National Suicide Prevention Lifeline. You will hear hold music while your call is being routed. You will be helped by a skilled, trained crisis worker who will listen to your problems and will tell you about mental health services in your area.

#### *Safety 24/7:*

- applies at work, at home and at play
- focuses on us, our families, our loved ones and significant others
  - refers holistically to mental and physical health
  - is how we share our care for one another

