



EMPACT - SUICIDE PREVENTION CENTER
Your partner for a safe, strong and healthy community

La Frontera Arizona

is committed to working collaboratively with our public and private partners to solve community problems. We address issues of behavioral health, housing, family and children's services, employment, crisis intervention, and community and cultural education.

We work hard to build personal responsibility and to stabilize families, and we know how important one person, one connection, can be. The **Reach Out. Check In. Save a Life.** campaign can make a difference. It can make our communities safer, stronger, and healthier.

Join us.



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EMPACT-Suicide Prevention Center

618 South Madison Drive • Tempe, Arizona 85281

La Frontera Center

504 West 29th Street • Tucson, Arizona 85713

To find out how you can help, or for more information,
please call 1.855.269.2222 or visit our website

ReachOutCheckIn.org

REACH OUT.

CHECK IN.



SAVE A LIFE.



The **Reach Out. Check In. Save a Life.** campaign encourages individuals to be more active in caring about each other, to make an effort to maintain contact with family, friends, co-workers, even casual acquaintances, to reach out and check in on a regular basis.

Sometimes, it's the little things that can make a big difference.

A casual phone call to catch up with a schoolmate. A cup of coffee with a colleague. A ball game with a friend. A walk in the park with a family member. Even just saying "hello" to someone you pass in the hall.

By making a connection on a personal level, we say "we care," and that can make a world of difference. By recognizing that even the smallest gesture can have a big impact, we can reduce substance abuse, diffuse domestic violence, or give hope to a neglected child. We can literally save a life.

**Reach Out. Check In.
Do what you can to help.**



**Life can be challenging.
Friends can make it easier.**

On any given day, anyone can feel overwhelmed as we attempt to balance work, family, and the pressures of life. Any one of us can feel isolated, alone, depressed.

At some point, we all need help and support. Someone to talk to; someone who will listen. Imagine the impact we could have if each one of us reached out and checked in to let someone know we care and that he or she is important.



**Everyone can make a difference.
Your company can also help.**

You can become a Community Partner.

- Tell your staff that they can impact a person's life just by listening, connecting.
- Remind them that it takes just a few moments to make a big difference.
- Encourage everyone to reach out and check in.
- Put up the **Reach Out** poster, distribute the bookmarks, give out the bracelets.
- Set up a **Reach Out** day.
- Develop a discount or special incentive for participation (this is easy to do if you're a restaurant or coffee shop or movie theater or sports park).
- Be more aware of the needs of others. Lend a helping hand whenever possible.