

HOW TO LIVE WITHOUT YOU

S A R A H E V E R E T T

Clarion Books

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How to Live Without You

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First Edition

US Resources

1. National Suicide Prevention Lifeline
Call 1 (800) 273 TALK (8255)
2. Crisis Text Line
Text "HELLO" to 741741
3. www.nimh.nih.gov/health/find-help/index.shtml

Canadian Resources

1. Canada Suicide Prevention Service
Call 1 (833) 456 4566 or text 45645
2. Kids Help Phone
Call 1 (800) 668 6868 or text CONNECT to 686868
3. www.crisisservicescanada.ca/en/looking-for-local-resources-support