

# You Matter



What is “You Matter”? You Matter is a suicide prevention club hosted by B.O.L.D Students and Staff and also surrounding Renville County community members.

What do we do? We are trying to stop depression and suicidal thoughts and actions in our schools and community in Renville County by coming together and spreading positive messages and actions all across our county.

Why? We believe that anyone’s life should be taken seriously and have a very positive life and he/she should be cared for every day of his/her life.

Can I join “You Matter”? Yes, you can join You Matter. We are looking for *fun, energetic, and positive people* to help change our community and surrounding communities.

If you know *anybody* who is in a negative situation with depression, alcohol, drugs, or anything else that may afflict any negative behavior or actions the person, **PLEASE** contact the numbers below!

**Please** tell an adult, friend, community member, pastor, police, family or any other people to help you.

## IT’S OKAY TO ASK FOR HELP

**National Suicide Hotline:** 1-(800)-273-TALK (8255) *or* TEXT “HELP” to 741741

**Renville County Sheriff Department:** 1-(320)-523-1161

*Follow our Twitter @8YouMatter8 for positive messages and information.*

