



**PROJECT
TOMORROW
MONTANA**
SUICIDE PREVENTION & EDUCATION

YOUR TOMORROW MATTERS.

If you or someone you know is in immediate risk **call 911** or the Montana Suicide Prevention Lifeline **1-800-273-8255** or text "MT" to **741-741**.

PROJECTTOMORROWMT.ORG

OUR VISION

Project Tomorrow Montana aims to reduce our state's suicide rate through education, awareness, training, intervention, prevention and recovery.

Suicide rates in Montana are too high, and every death by suicide affects us all. Feeling depressed or having thoughts of suicide can happen to anyone when times get tough — almost all of us, at some time or another, experience situations that make our today feel dark or even hopeless.

Yet when we reach out for help, we find we are not alone. If we hold on, tomorrow might be better than we ever thought possible.

If you experience a low that seems unbearable, reach out and talk to someone about it. If you know someone in deep distress, tell them you care; ask how you can help.

Through education, awareness and action, you and Project Tomorrow Montana can save a life — even your own. Let's help make tomorrow beautiful for all Montanans.

GET INVOLVED

You can support Project Tomorrow by learning the suicide warning signs, attending a suicide prevention training or by donating today at projecttomorrowmt.org.

United Way of
Missoula County



Thank you to our
founding supporter

WELLS
FARGO



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You are not alone. Reach out.
SUICIDE PREVENTION LIFELINE
1.800.273.TALK (8255)

Help via Text Message:
TEXT "MT" TO
741-741