

have you had suicidal thoughts?
problems that felt unsolvable?

we've been there too.

The logo consists of a white circle containing the text "now matters now" in a bold, lowercase, sans-serif font. The word "now" is at the top, "matters" is in the middle, and "now" is at the bottom.

now
matters
now

Visit **nowmattersnow.org** for strategies that have helped us survive and build more manageable and meaningful lives.

@nowmattersnow   