

## **DISCLAIMER:**

Dean Sikes and those who work with our [www.youmatter.us](http://www.youmatter.us) ministry are not licensed counselors or qualified for crisis service. The information we provide is for inspirational purposes only because we truly care. We are a non-profit organization and cannot provide any medical, psychological, diagnostic or treatment services. Our goal is simply to offer hope and encouragement and hopefully prevent suicide, injury or death, however we cannot guarantee these results. The diagnosis and treatment of depression and other psychiatric disorders should be performed by licensed health care professionals.

If you feel you are in crisis, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). It is a free hotline that provides access to trained and caring telephone counselors, 24 hours a day, 7 days a week. **If you are in an emergency, call 911 or go immediately to your nearest emergency room.**

Also, we do try to answer letters and emails we receive. We simply cannot assume any obligation, legal or otherwise, to follow up with people. We are not staffed sufficiently to be responsible for correspondence not answered or delivered in a timely manner or for the final actions of someone receiving any of our correspondence.

Also note, suicide is never the answer. Where there is life, there is hope.