



**BREAK THE  
STIGMA**

## OUR MISSION

**Hear My Cry Foundation**, a 501c(3) charitable organization, was founded with a mission to address the growing epidemic of suicide impacting our communities and under-served populations through programs and services. We exercise high standards of ethics, best practice management, and accountability in education, prevention, and recovery. The mission of Hear My Cry is personal to the founder, Tazora Moore because she lost her husband to suicide in July 2012. As a result, Hear My Cry Foundation is dedicated in remembrance of **Daryl Wayne Moore**.



**SAVING  
LIVES**  
FROM SUICIDE

## OUR SERVICES

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### FREE COUNSELING

We provide free counseling to anyone who is suicidal, no insurance and can attend all 3 mandatory counseling sessions.

### BURIAL ASSISTANCE

We provide burial assistance to families who lost a loved one to suicide with an unpaid balance. *\*Must meet certain criteria.*

### PRESCRIPTION ASSISTANCE

We provide prescription cost assistance to individuals who need support with their mental health medications.

*\*Must meet certain criteria.*

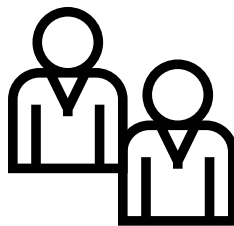
## OUR GOALS

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- Eliminate the negative stigma associated with suicide.
- Provide the community with informative resources about warning signs of suicide and mental illness.
- Provide support to individuals and/or families that are dealing with suicide and mental illness.
- Provide Training to Faith Based Institutions
- Referral Resource Network (Psychologist, Psychiatrists, Counselors, Family Doctors, etc.)
  - Community Q&A Forums Quarterly
  - Free Material (Churches, Schools, Clinics, etc.)

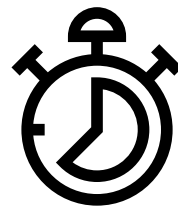
## SUICIDE STATISTICS

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OVER  
**48,000**  
PEOPLE DIED BY  
SUICIDE IN 2021.

**1** DEATH EVERY  
**11** MINUTES



Many adults think about suicide or  
attempt suicide.

**12.3 MILLION**  
Seriously thought about suicide

**3.5 MILLION**  
Made a plan for suicide

**1.7 MILLION**  
Attempted suicide



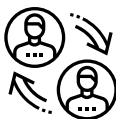
# WARNING SIGNS

People who are considering suicide may show signs that they are thinking about or planning to attempt suicide.



If a person talks about being a burden to others, having no reason to live, killing themselves, etc.

## BEHAVIOR



Specifics to look out for :  
Increased use of alcohol or drugs, Isolating from family and friends, aggression.



Depression, rage, loss of interest, anxiety, irritability, rage and humiliation just to name a few

## TOGETHER

We will break the stigma and save lives from suicide!  
For more information about Hear My Cry Foundation please send an email to: [info@hearmycryfoundation.org](mailto:info@hearmycryfoundation.org)

If you or someone you know is in crisis, please text the U.S. National Suicide Prevention Lifeline.

**TEXT 988**



## FROM THE FOUNDER

My name is Tazora Dotie-Moore and I am the founder of the Hear My Cry Foundation. I am a suicide survivor. I understand the emotional feelings of loneliness depression, and anxiety. Losing my husband to suicide motivated me to build a foundation to help people with mental illness and suicide survivors.

## Get In Touch

### Call Us:

(214)-988-9161

### Find Us:

2626 Cole Ave Ste 300  
Dallas, TX 75204

### Email:

[info@hearmycryfoundation.org](mailto:info@hearmycryfoundation.org)

### Website:

[hearmycryfoundation.org](http://hearmycryfoundation.org)



@hearmycryfoundation