

*Is someone you know  
thinking about suicide?*

BE THE ONE TO

*Ask*

*Keep Them Safe*

*Be There*

*Help Them Connect*

*Follow up*

Visit

[www.bethe1to.com](http://www.bethe1to.com)

to find out how to

help prevent suicide today

IF YOU OR SOMEONE YOU  
KNOW IS STRUGGLING CALL

**1-800-273-TALK (8255)**

#bethe1to

