

Could someone you know be  
thinking about suicide?

BE THE ONE TO

*Ask*

*Keep Them Safe*

*Be There*

*Help Them Connect*

*Follow up*

Visit

Visit [betheito.com](http://betheito.com) to find out how to  
help prevent suicide today

IF YOU OR SOMEONE YOU KNOW IS  
STRUGGLING, CALL

1-800-273-TALK (8255) or  
988

