

# #BeThe1To

If you think someone might be considering suicide, be the one to help them by taking these 5 steps:

**ASK. KEEP THEM  
SAFE. BE THERE.  
HELP THEM CONNECT.  
FOLLOW UP.**



Find out why this can save a life at  
**[www.BeThe1To.com](http://www.BeThe1To.com)**

If you're struggling, call the Lifeline at  
**1-800-273-TALK (8255)**