

#BeThe1To

BE THE ONE TO SAVE A LIFE

The five action steps for communicating with someone who may be suicidal are supported by evidence in the field of suicide prevention.

ASK

BE THERE

KEEP THEM SAFE

HELP THEM CONNECT

FOLLOW UP

V!brant
Emotional Health

SAMHSA
Substance Abuse and Mental Health
Services Administration

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988
SUICIDE
& CRISIS
LIFELINE