

# #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.**



Learn more at [BeThe1To.com](http://BeThe1To.com)  
National Suicide Prevention Lifeline:  
800-273-TALK (8255)