

#BeThe1To

**HELP THEM  
CONNECT.**

Help your friend connect to a support system, whether it's 800-273-TALK (8255), family, friends, clergy, coaches, co-workers or therapists, so they have a network to reach out to for help.

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