



Creating a Custom **5-Step** Graphics Kit

Thank you for joining the 988 Lifeline and #BeThe1To!

To better disseminate the **5 #BeThe1To action steps** to different audiences, the Lifeline is accepting customized versions of the 5 step graphics from participating organizations and partners. These graphics kits will be shared on [BeThe1To.com](https://www.bethe1to.com) with attribution, and provided as downloadable options for individuals looking to share the 5 steps with others.

If you would like to make your own #BeThe1To graphics, the 988 Lifeline requires the following:

1. Create 1 graphic for each of the **5 action steps**, provided below
2. Include the #BeThe1To hashtag on each graphic
3. Include 988 on each graphic
4. Include BeThe1To.com on each graphic



The language for each graphic can be tweaked for the audience, but the step itself (ex: #BeThe1To Ask) must remain the same.



If you don't have a preferred graphic design software, we recommend looking into the free website Canva, which provides templates for creating eye-catching graphics. **Please make sure your graphics are 1080px by 1080px.**



When submitting your kit, please send the graphics over as individual files and include a .png of your logo, as well as a link to your website. Email this all to communications@vibrant.org with the subject line "#BeThe1To Custom Kit."

The 5 Steps are:

1

#BeThe1To Ask

Ask the tough question. When somebody you know is in emotional pain, ask them directly: "Are you thinking about killing yourself?"

2

#BeThe1To Be There

If your friend is thinking about suicide, listen to their reasons for feeling hopeless and in pain. Listen with compassion and empathy and without dismissing or judging.

3

#BeThe1To Keep Them Safe

Is your friend thinking about suicide? Ask if they've thought about how they would do it and separate them from anything they could use to hurt themselves.

4

#BeThe1To Help Them Connect

Help your friend connect to a support system, whether it's the 988 Lifeline, family, friends, clergy, coaches, co-workers or therapists, so they have a network to reach out to for help.

5

#BeThe1To Follow Up

Check in with the person you care about on a regular basis. Making contact with a friend in the days and weeks after a crisis can make a difference in keeping them alive.

Optional Language for Phone Number, Website & Hashtag:

Find out why this can save a life at [BeThe1to.com](https://www.BeThe1to.com).
If you're struggling, call or text the Lifeline at **988**.

