

Are you worried about someone?

#BeThe1To
help 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:

1. ASK

2. BE THERE

3. KEEP THEM SAFE

4. HELP THEM CONNECT

5. FOLLOW UP

Services de crises Canada
1-833-456-4566



Mental Health and Suicide Prevention Initiative

See the world in a new light

btshelp.org/mentalhealth