

**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**

**Crisis Services Canada**  
**1-833-456-4566**



**Mental Health and Suicide Prevention Initiative**  
*See the world in a new light*      [btshelp.org/mentalhealth](https://btshelp.org/mentalhealth)