

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



**BEHIND
THE
SCENES**

V!brant
Emotional Health

SAMHSA
Substance Abuse and Mental Health
Services Administration



Mental Health and Suicide Prevention Initiative
See the world in a new light **btshelp.org/mentalhealth**