

**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**



**Mental Health and Suicide Prevention Initiative**

*See the world in a new light*

[btshelp.org/mentalhealth](https://btshelp.org/mentalhealth)