



#BeThe1To help save a life

See the 5 steps on the back

Find the warning signs of
suicide and guidance at

btshelp.org/bethe1to

or use the QR code



The 5 Steps to Help Save a Life

1. ASK

2. BE THERE

3. KEEP THEM SAFE

4. HELP THEM CONNECT

5. FOLLOW UP

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

**Crisis Text Line
686868**