



#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 Text Line
741741