

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:

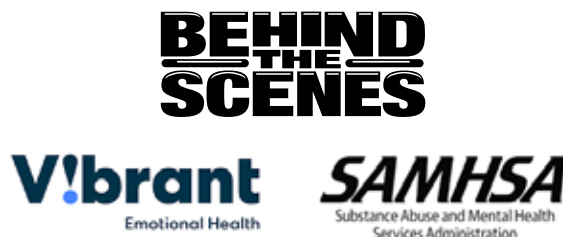
1. ASK

2. BE THERE

3. KEEP THEM SAFE

4. HELP THEM CONNECT

5. FOLLOW UP



Mental Health Initiative
btshelp.org/mentalhealth