



#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**



**Suicide Crisis
Helpline**

If you are trying to help someone through a crisis, Suicide Crisis Helpline can also provide you with assistance and support.