



# #BeThe1To help save a life

*See the 5 steps on the back*

Find the warning signs of  
suicide and guidance at

[btshelp.org/bethe1to](https://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**

*If you are trying to help someone through a crisis,  
the Lifeline can provide you with assistance and support.*