

NATIONAL

SUICIDE
**PREVENTION**

LIFELINE™

1-800-273-TALK

1-800-273-8255

www.suicidepreventionlifeline.org



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
www.samhsa.gov

#BeThe1To **Ask.**

Don't be afraid to ask the tough question.

**When somebody you know is in emotional pain,
ask them directly:**

“Are you thinking about killing yourself?”

Find out why this can save a life at [BeThe1To.com](https://www.betheto.com).
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)



#BeThe1To **Be There.**

**If your friend is thinking about suicide,
listen to their reasons for feeling hopeless and in pain.**

**Listen without judgment and with compassion and
empathy.**

Find out why this can save a life at [BeThe1To.com](https://www.betheto.com).
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)



#BeThe1To **Keep Them Safe.**

If your friend is thinking about suicide, ask if they've also thought about how they would do it.

Separate them from anything they are thinking of using to hurt themselves.

Find out why this can save a life at [BeThe1To.com](https://www.betheto.com).
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)



#BeThe1To **Help Them Connect.**

Help your friend connect to a support system so they have others to reach out to for help;

whether it's 800-273-TALK (8255), family, friends, clergy, coaches, co-workers or therapists.

Find out why this can save a life at [BeThe1To.com](https://www.betheto.com).
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)



#BeThe1To Follow Up.

Making contact with a friend in the days and weeks after a crisis can make a difference in keeping them alive.

Check in with the person you care about on a regular basis.

Find out why this can save a life at BeThe1To.com.
If you're struggling, call the Lifeline at

1-800-273-TALK (8255)



#BeThe1To

BE THE ONE TO 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.

ASK

BE THERE

KEEP THEM SAFE

HELP THEM CONNECT

FOLLOW UP

Vibrant
Emotional Health
SAMHSA
Substance Abuse and Mental Health
Services Administration

JOIN THE MOVEMENT AT
www.BETHE1TO.com

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