

Do you know someone in emotional pain?

5 STEPS YOU CAN TAKE TO HELP:



#BeThe1To Ask

Ask the tough question.

When somebody you know is in emotional pain, ask them directly: "Are you thinking about killing yourself?"



#BeThe1To Be There

If your friend is thinking about suicide, Listen to their reasons for feeling hopeless and in pain. Listen with compassion and empathy and without dismissing or judging.



#BeThe1To Keep Them Safe

Is your friend thinking about suicide? Ask if they've thought about how they would do it and separate them from anything they could use to hurt themselves.



#BeThe1To Help Them Connect

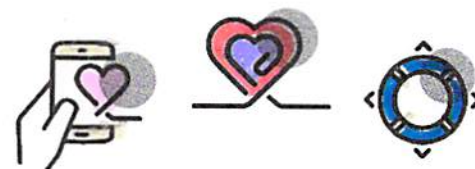
Help your friend connect to a support system, whether it's 988, family, friends, clergy, coaches, co-workers or therapists, so they have a network to reach out to for help.



#BeThe1To Follow Up

Check in with the person you care about on a regular basis. Making contact with a friend in the days and weeks after a crisis can make a difference in keeping them alive.

Be the lifeline.



Talk with us.



There is hope.



988 SUICIDE & CRISIS
LIFELINE

^Source: BeThe1To.com

Feeling
Overwhelmed?
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