

#BeThe1To

- Ask
- Be There
- Keep Them Safe
- Help Them Connect
- Follow up

EVERYONE CAN
PREVENT SUICIDE

1-800-273-TALK (8255)

BeThe1To.com



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SUICIDE PREVENTION
ALLIANCE OF NORTHERN VIRGINIA
suicidepreventionnva.org

#BeThe1To

- **Ask**

When someone is in emotional pain, ask the tough question. Be direct.

“Are you thinking about suicide?”

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- **Be There**

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

Listen without judgement, and with compassion and empathy.

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- **Keep Them Safe**

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

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- **Help
Them
Connect**

Help your friend connect to a support system, whether it's 1-800-273-8255, family, friends, clergy, coaches, co-workers, and therapists so they have a network to reach out to for help.

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• Follow Up

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

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

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