

#BeThe1To

- **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.

**EVERYONE CAN
PREVENT SUICIDE**

1-800-273-TALK (8255)

BeThe1To.com



SPAN

**SUICIDE PREVENTION
ALLIANCE OF NORTHERN VIRGINIA**
suicidepreventionnva.org