

#BeThe1To

- **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.

**EVERYONE CAN
PREVENT SUICIDE**

1-800-273-TALK (8255)

BeThe1To.com



SPAN

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