

# #BeThe1To

- **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.

**EVERYONE CAN  
PREVENT SUICIDE**

**1-800-273-TALK (8255)**

[BeThe1To.com](http://BeThe1To.com)



**SPAN**

**SUICIDE PREVENTION  
ALLIANCE OF NORTHERN VIRGINIA**  
[suicidepreventionnva.org](http://suicidepreventionnva.org)