

#BeThe1To

- **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.

EVERYONE CAN
PREVENT SUICIDE

1-800-273-TALK (8255)

BeThe1To.com



SPAN

SUICIDE PREVENTION
ALLIANCE OF NORTHERN VIRGINIA
suicidepreventionnva.org