



BTheOne.org

BThe One to help

If you think someone might be considering suicide or drugs, be the one to help them by taking these five steps:

ASK.

KEEP THEM SAFE.

BE THERE.

HELP THEM CONNECT.

FOLLOW UP.

**Find out why these steps can save a life at:
BTheOne.org**

**If you or someone you know is struggling, call the
Lifeline at 1-800-273-talk (8255) or chat at
suicidepreventionlifeline.org**

