



BTheOne to Ask

Don't be afraid to **ask** the tough question.
When someone you know is in emotional pain
ask them directly:

"Are you thinking about hurting yourself?"

"Are you thinking about using drugs?"

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

If you are struggling, call:

Lifeline at 1-800-273-TALK (8255) or
24 Hour Crisis Center at 240-777-4000

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