



BTheOne to follow up

Making contact with a friend in the days and weeks after a crisis can make a difference in **keeping them safe.**

Check in with a person you care about on a regular basis.

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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