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**BE THE ONE TO
SHOW YOU CARE.**

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HOW CAN I HELP?

If you see or hear signs that someone you know could be considering suicide, **BETHE ONE** to reach out. You don't have to know what to say to say something. Here are some pointers to help start the conversation.

JUST ASK It's ok to ask, "Are you thinking about suicide?" Asking in this direct, non-judgemental manner can open the door for effective conversation.

LISTEN Don't dismiss or judge. You don't have to offer advice. Just listen.

KEEP THEM SAFE If they are thinking about suicide, ask if they've thought about how they would do it. Then reach out to an adult to help separate them from anything they could use to hurt themselves.

BE THERE Be there physically or by phone.

HELP THEM CONNECT Rally support. Contact family, friends, teachers, coaches, church members and help them build a network.

FOLLOW UP Check in on a regular basis. Continue to show you care. Have a plan in place if you can't reach them.

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