

Are you worried about a friend?

**ASK
KEEP THEM SAFE
BE THERE
CONNECT THEM TO RESOURCES
FOLLOW UP**

#BeThe1To help save a life

The five action steps for communicating with someone who may be suicidal are supported by evidence in the field of suicide prevention. For more info, go to bethelto.com



Tuesday, September 10th
World Suicide Prevention Day



Brownsville Independent School District
The Best Choice