

A man and a woman are sitting at a table, looking at a smartphone together. The man is on the left, wearing a striped shirt and glasses, and the woman is on the right, wearing a striped shirt. They are both looking down at the phone. The background is a blurred indoor setting.

#BeThe1To

Ask

Find out how this could help save a life at

www.BeThe1To.com

If you're struggling, call the Lifeline at

988

A man and a woman are sitting at a table, looking at a smartphone together. The man is on the left, wearing a striped shirt and glasses, and the woman is on the right, wearing a striped shirt. They are both looking down at the phone. The background is a blurred indoor setting.

#BeThe1To

Preguntar

Averigüe por qué esto puede salvar una vida en

www.BeThe1To.com

Si tiene problemas, llame a Lifeline al

1-888-628-945