



## #BeThe1To ASK.

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**Don't be afraid to ask the tough questions.**

**When somebody you know is in emotional pain, ask them directly.**

***“Are you thinking about killing yourself?”***

**If you are struggling, take the first step.**

- Call the Behavioral Health Concierge 833-PBH-WELL
- Call the Caregiver Assistance Program 844-875-5716
- Alaska Caregivers Call 844-311-6223

**Need help now? Call the National Suicide Prevention Line 800-273-8255**