



BeThe1To Follow Up.

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

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



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