

## # BeThe1To Help Them Connect.

Help your friend **connect**  
**to a support system** so  
they have others to reach  
out to for help;

Whether it's family,  
friends, clergy, coaches,  
co-workers or therapists.

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