



BeThe1To Keep Them Safe.

If your friend is thinking about suicide, *ask if they've also thought about how they would do it.*

Separate them from anything they are thinking of using to hurt themselves



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