



## # BeThe1To BE THERE.

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**If your friend is thinking about suicide, listen to their reason for feeling hopeless and in pain.**

*Listen without judgement  
and with compassion and  
empathy.*



**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**