

#BeThe1To

Creating a Custom 5-Step Graphics Kit

Thank you for joining the National Suicide Prevention Lifeline and #BeThe1To!

To better disseminate the 5 #BeThe1To action steps to different audiences, the Lifeline is accepting customized versions of the 5 step graphics from participating organizations and partners. These graphics kits will be shared on BeThe1To.com with attribution, and provided as downloadable options for individuals looking to share the 5 steps with others.

If you would like to make your own #BeThe1To graphics, the Lifeline requires the following:

1. Creating 1 graphic for each of the 5 action steps, provided below
2. Including the #BeThe1To hashtag on each graphic
3. Including 1-800-273-TALK (8255) on each graphic
4. Including BeThe1To.com on each graphic

The language for each graphic can be tweaked for the audience, but the step itself (ex: #BeThe1To Ask) must remain the same.

If you don't have a preferred graphic design software, we recommend looking into the free website [Canva](https://www.canva.com), which provides templates for creating eye-catching graphics.

The 5 Steps Are:

#BeThe1To Ask

Ask the tough question.

When somebody you know is in emotional pain, ask them directly:
"Are you thinking about killing yourself?"



#BeThe1To Keep Them Safe

Is your friend thinking about suicide?

Ask if they've thought about how they would do it and separate them from anything they could use to hurt themselves.

#BeThe1To Be There

If your friend is thinking about suicide,

Listen to their reasons for feeling hopeless and in pain.

Listen with compassion and empathy and without dismissing or judging.

#BeThe1To Help Them Connect

Help your friend connect to a support system, whether it's 800-273-TALK(8255), family, friends, clergy, coaches, co-workers or therapists, so they have a network to reach out to for help.

#BeThe1To Follow Up

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

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

OPTIONAL LANGUAGE FOR PHONE NUMBER, WEBSITE AND HASHTAG:

Find out why this can save a life at BeThe1To.com

If you're struggling, call the Lifeline at

1-800-273-TALK (8255)

