#BeThe1To

FOLLOW UP.

If someone you know tells you they’ve been thinking about suicide, don’t forget to FOLLOW UP with them.

IT CAN MAKE ALL THE DIFFERENCE.

Suicide is the #2 leading cause of death for people ages 10–24 in Kansas. Learn more about how FOLLOWING UP can save a life at www.BeThe1To.com

If you or someone you know is struggling, call the Lifeline at 1-800-273-8255 (TALK)

If you or someone you know is interested in mental health or substance use treatment, visit: https://findtreatment.samhsa.gov/