#BeThe1To

ASK.

If you think someone might be considering suicide, take the first step and ASK, "Are you thinking about killing yourself?"

Then, LISTEN! Make sure you take their answers seriously and do not ignore them. Help them focus on their reasons for living and avoid trying to impose your reasons for them to stay alive.

Suicide is the #2 leading cause of death for people ages 10-24 in Kansas. Learn more about how ASKING 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/