#BeThe1To

BE THERE.

If someone you know is thinking of suicide, BE THERE.

Listen to their reasons for feeling hopeless and in pain. Listen with compassion and empathy, but without judgement.

It's okay (and important!) to talk about suicide and mental wellness.

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