

# are **U** okay?

Use this infographic to start a conversation  
and help save a life.



## **STEP 1 ASK**

Be specific with what you  
might be concerned about.

## **STEP 2 BE THERE**

Don't interrupt or judge what  
they have to say. Be there for  
them physically, over the  
phone or however you can.



## **STEP 3 ENCOURAGE ACTION**

Encourage them to seek  
help. Provide contacts of  
where they can get help.



## **STEP 4 FOLLOW UP**

Continue to check in. Let  
them know you have been  
thinking about them.



Find out how this could help save a life

[www.BeThe1To.com](http://www.BeThe1To.com)

If you are struggling, call the Lifeline at

**1-800-273-TALK (8255)**