## BTheOne.org

## KNOW LIE SIGNE BEIGE DIFFERENCE

WHEN SOMEONE IS STRUGGLING, YOU CAN ENCOURAGE THEM TO GET THE HELP THEY NEED. TALK TO THEM OPENLY AND HONESTLY.

WE'RE HERE FOR YOU, TOO. 1-800-273-TALK (8255) OR CHAT AT SUICIDEPREVENTIONLIFELINE.ORG





