



Help a Fellow Buff

#BeThe1To

**Ask
Keep Them Safe
Be There
Help Them Connect
Follow Up**

303-492-2277

colorado.edu/BeThe1To



Health and Wellness Services
UNIVERSITY OF COLORADO **BOULDER**

*If you or someone you know needs help, call the
National Suicide Prevention Lifeline:
988 or text **HOME** to **741741**.*



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ASK FOR HELP

**We all struggle sometimes, and it's
okay to ask for help.**

Support resources are available.



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SHOW SOMEONE THEY MATTER

**If you're concerned about a friend,
connect them to campus support
resources.**



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ASK

If someone you know is in emotional pain, ask them directly: “Have you had thoughts about suicide?”



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**KEEP
THEM SAFE**

**If someone you know is thinking
about suicide, stay with them and
call for help.**



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BE THERE

**If a friend is thinking about suicide,
listen with compassion and empathy
rather than dismissing or judging
their pain.**



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HELP THEM CONNECT

If your friend is thinking about suicide, encourage them to connect to a support system – family, friends or resources on campus.



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FOLLOW UP

**If you're concerned about a friend,
check in with them regularly and
make sure they are connected to
support resources.**



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