



# SUICIDE PREVENTION OFFICE



## **SUICIDE PREVENTION PLEDGE**

Each one of us has a duty to protect one another – now more than ever. Make a promise today to #BeThere.

- ⬡ Connect to Protect. Make connections with friends and family a priority.
- ⬡ Set an example by creating an environment where asking for help and reaching out to others are signs of strength.
- ⬡ #BeThere for yourself! Taking care of yourself is as important as taking care of others.
- ⬡ Develop healthy habits and ways to cope with stress to keep you strong and resilient.
- ⬡ Check in with friends and family. Let them know you care.
- ⬡ Know the resources that are available to you and others.
- ⬡ Volunteer or join a group are great ways to care for yourself and others.
- ⬡ Be the one who reaches out. Ask, "How can I help?"
- ⬡ Consult with a mental health professional if you need assistance.

I pledge to make it my mission to #BeThere for myself and others to prevent suicide.

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*Make it Your Mission to...*  
*#BeThere*