



SUICIDE PREVENTION PLEDGE

Each one of us has a role to play in suicide prevention. Make a promise today and pledge to *#BeThere*.

- ❖ Develop healthy habits and ways to cope with stress to keep you strong and resilient.
- ❖ *#BeThere*, for yourself! Taking care of yourself is as important as taking care of others.
- ❖ Set an example and create an environment where asking for help and reaching out to others is a sign of strength.
- ❖ Know the resources that can help you and others.
- ❖ Connect with family and friends - volunteering or joining a group are great ways you can care for yourself and others.
- ❖ Be the one who reaches out.
- ❖ Ask, "How can I help?"
- ❖ Consult with a professional if you need assistance.
- ❖ Know your action could save a life!

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

Make it Your Mission to...
#BeThere