If you think someone you know may be suicidal, learn how to take immediate and effective action.

#BeThe1To is the National Suicide Prevention Lifeline's message to spread the word about actions we can all take to prevent suicide.

There are 5 action steps you can take to #BeThe1To communicate with someone who may be suicidal.

1. **ASK:** "Are you thinking about killing yourself?" Asking in a direct, nonjudgmental manner will encourage open communication and allow you to see what actions need to be taken next. Do not ever promise to keep what they have told you a secret.

2. **BE THERE:** Show support in whatever way you can – whether being physically present or staying on the phone. Listen carefully and learn what the individual is thinking and feeling.

3. **KEEP THEM SAFE:** Find out if they have already tried to kill themselves or if they have a detailed plan for doing so, including timing and method. Put time and distance between the person and their chosen method, such as medications or firearms.

4. **HELP THEM CONNECT:** Helping someone with thoughts of suicide connect with ongoing supports can help them establish a safety net for times of crisis. For immediate help, connect them with a trained crisis counselor, such as the Suicide Prevention Lifeline. You can also help make a connection with a trusted individual like a family member, friend, spiritual advisor or mental health professional.

5. **FOLLOW UP:** Make sure to follow up with them to see how they're doing. Staying in touch after a crisis or after being discharged from care can make a big difference.

If you need help for yourself or someone else, the 988 Suicide & Crisis Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals by calling or texting 988 or chatting 988Lifeline.org.