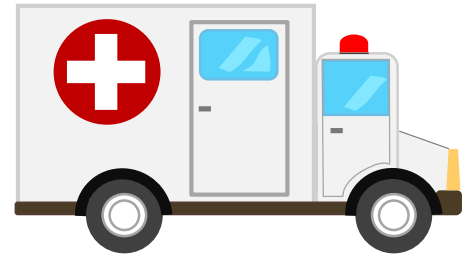




# September is National Suicide Prevention Awareness Month



Research shows that first responders are more likely to die by suicide than in the line of duty.

## #BeThe1To Save a Life

If you think a first responder may be considering suicide, be the one to help by taking these 5 steps:

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

Find out why this can save a life at: [www.BeThe1To.com](http://www.BeThe1To.com)

## You are not alone, It is okay to seek help

If you are struggling, call the

**NATIONAL**  
**SUICIDE**  
**PREVENTION**  
**LIFELINE**<sup>TM</sup>  
**1-800-273-TALK (8255)**  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

For First Responder Specific Mental Health Resources, Visit:  
[bit.ly/FirstResponderMentalHealthVA](http://bit.ly/FirstResponderMentalHealthVA)