



#BeThe1To **Keep Them Safe**

If your friend is thinking about suicide, ask if they've also thought about how they would do it.

Separate them from anything they are thinking of using to hurt themselves.



Find out why this can save a life at BeThe1To.com.

If you're struggling, call the lifeline at

1-800-273-TALK (8255)

For additional information or crisis:
Saint Regis Mohawk Tribe Mental Health

(518) 358-3145

After hours: SRMT Tribal Police

(518) 358-9200

Crisis text line: TEXT 'HOME' to
741741

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