



**Tough  
conversations  
can happen  
anywhere.**

**Do you  
know how  
to ACT?**

**Acknowledge**

signs of suicide in  
a friend.

Show your  
friend that you

**Care.**

**Tell**

a trusted adult.

**YOU CAN CALL OR TEXT THE SUICIDE  
& CRISIS LIFELINE AT 988 OR TEXT THE  
CRISIS TEXT LINE AT 741741.**