

ACT Now!

Ask. Care. Take. Consider

...calling him today.

...asking how she is doing after that call.

...grabbing a cup of coffee with him after your shift.

...encouraging him to get some help or support.



FIRST RESPONDER
Center for Excellence

ACT Now! Ask. Care. Take.

firstrespondercenter.org | PocketPeer.org | National Suicide Prevention Lifeline **1-800-273-TALK (8255)**