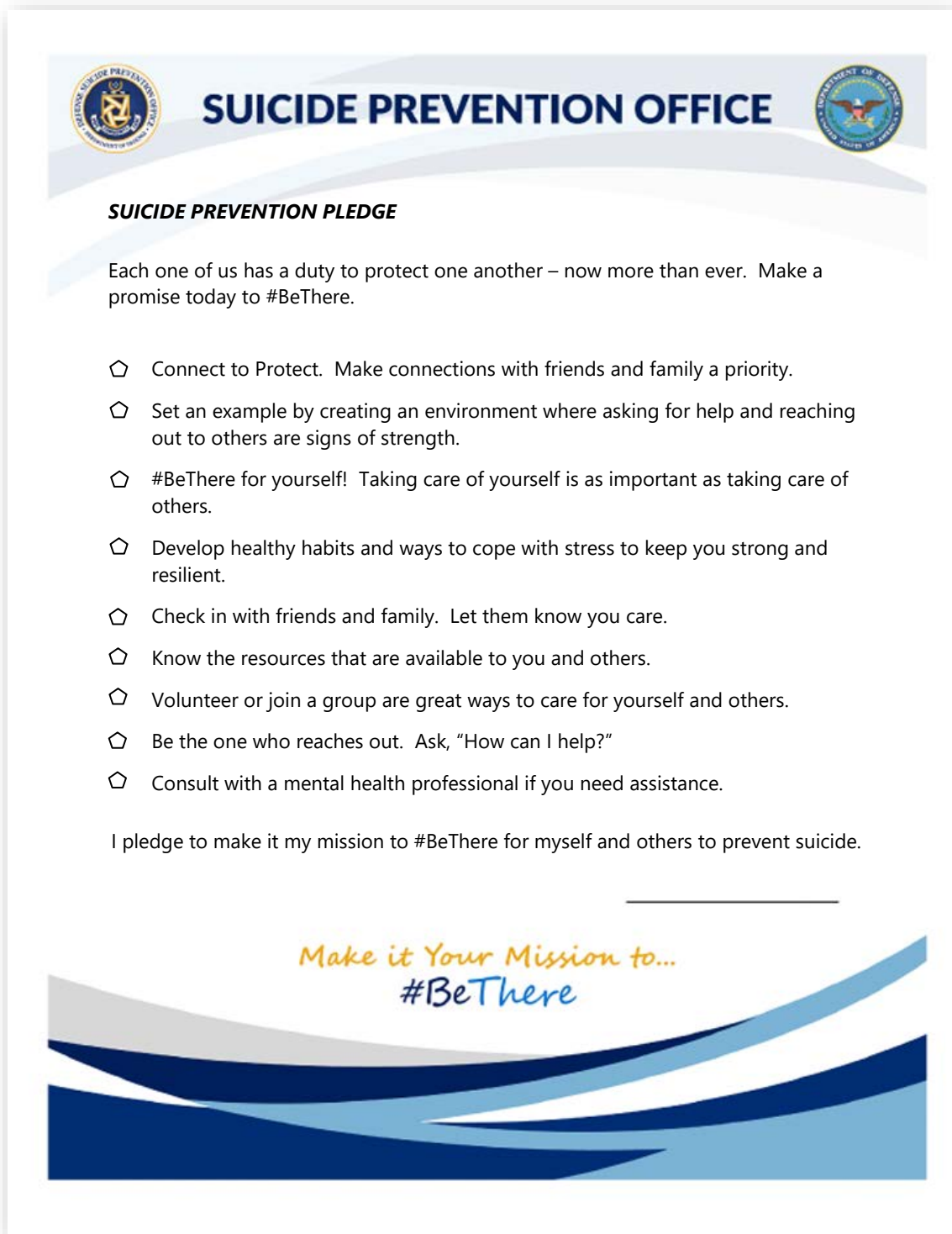


Pledge

Take the Suicide Prevention Month **#ConnectToProtect** Pledge and encourage your friends and family to do so, as well.



The image shows a pledge card from the Suicide Prevention Office. At the top, there are two circular logos: the National Suicide Prevention Lifeline logo on the left and the Department of Health and Human Services logo on the right. The text "SUICIDE PREVENTION OFFICE" is centered between them. Below the logos, the title "SUICIDE PREVENTION PLEDGE" is written in bold. The main text of the pledge reads: "Each one of us has a duty to protect one another – now more than ever. Make a promise today to #BeThere." This is followed by a list of ten bullet points, each starting with a house icon. The list includes: "Connect to Protect. Make connections with friends and family a priority.", "Set an example by creating an environment where asking for help and reaching out to others are signs of strength.", "#BeThere for yourself! Taking care of yourself is as important as taking care of others.", "Develop healthy habits and ways to cope with stress to keep you strong and resilient.", "Check in with friends and family. Let them know you care.", "Know the resources that are available to you and others.", "Volunteer or join a group are great ways to care for yourself and others.", "Be the one who reaches out. Ask, 'How can I help?'", and "Consult with a mental health professional if you need assistance." Below the list, there is a line for a signature and the text "I pledge to make it my mission to #BeThere for myself and others to prevent suicide." At the bottom, there is a decorative graphic with the text "Make it Your Mission to... #BeThere" in orange and blue.

SUICIDE PREVENTION OFFICE

SUICIDE PREVENTION PLEDGE

Each one of us has a duty to protect one another – now more than ever. Make a promise today to #BeThere.

- ☞ Connect to Protect. Make connections with friends and family a priority.
- ☞ Set an example by creating an environment where asking for help and reaching out to others are signs of strength.
- ☞ #BeThere for yourself! Taking care of yourself is as important as taking care of others.
- ☞ Develop healthy habits and ways to cope with stress to keep you strong and resilient.
- ☞ Check in with friends and family. Let them know you care.
- ☞ Know the resources that are available to you and others.
- ☞ Volunteer or join a group are great ways to care for yourself and others.
- ☞ Be the one who reaches out. Ask, "How can I help?"
- ☞ Consult with a mental health professional if you need assistance.

I pledge to make it my mission to #BeThere for myself and others to prevent suicide.

Make it Your Mission to...
#BeThere