**Social Media Posts**

**Facebook and Instagram:**

Pain isn’t always obvious. You may sense something is wrong, but do not realize how serious it is. Learn the warning signs for suicide and trust your instincts. #EachMindMatters #Bethe1to [www.suicideispreventable.org](http://www.suicideispreventable.org)

#BeThe1To Direct Change. Create 60-second films about suicide prevention and mental health. Raise awareness, change conversations, win prizes. Open to youth ages 14-25. [www.DirectingChange.org](http://www.DirectingChange.org)

#BeThe1To Find the Words. If you are concerned that someone is thinking about suicide ask them directly: “Are you thinking about suicide?” [www.suicideispreventable.org](http://www.suicideispreventable.org)

Did you know crisis lines are also available for helpers? If you are concerned about a loved one and don’t know what to do, they can help. #BeThe1To Reach Out. Call the National Suicide Prevention Lifeline at (800) 273-8255.

Tough Times Call for Tough Conversations. If you are concerned about a man in your life- father, brother, husband, buddy or co-worker- trust your instincts and learn the warning signs for suicide. #EachMindMatters #Bethe1to [www.suicideispreventable.org](http://www.suicideispreventable.org)

**Twitter:**

If you’re worried a loved one is thinking about suicide, #BeThe1To Reach Out.

Find the Words at [www.suicideispreventable.org](http://www.suicideispreventable.org)

#BeThe1To Direct Change. Create 60-second films about suicide prevention & mental health. Open to youth ages 14-25. [www.DirectingChange.org](http://www.DirectingChange.org)

Suicide is preventable. #Bethe1to Learn about risk factors, warning signs & what

to do to prevent suicide. [www.suicideispreventable.org](http://www.suicideispreventable.org)

#BeThe1To Reach Out. Help is just a phone call away: 24 hours a day, 7 days a week. National Suicide Prevention Lifeline 1.800.273-8255