



# Be an Agent of Change

Suicide prevention  
starts with **YOU**

- Be more informed: What are possible signs? Where can people go for help?
- Pledge to do more: Reach out if you are concerned about someone; have the conversation.
- Be an active listener: Listen with empathy and sincerity.
- Lead with compassion: Be an example to others. Demonstrate that mental health is a priority.



**To learn more, visit [www.safleo.org](http://www.safleo.org)**

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