

[www.bit.ly/TellMepledge](http://www.bit.ly/TellMepledge)



**I pledge that I will...**

- tell someone if I'm struggling and need help;
- reach out and tell you if I'm worried about you;
- listen to you, without judgment if you need someone to talk to;
- ask you, directly, if I think you're trying to tell me about suicide;
- help you get support if you're struggling and/or thinking about suicide.