

Signature

I will do my best to Be Aware, Be Able, and Be Prepared when a friend needs my help.
I will pledge to B1.

Be a Part of the Solution

Learn How YOU Can B1 for a Friend



To Pledge to B1, visit www.rascalflattsB1.com

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Someone you know
may need a friend—B1.



By being part of the B1 Project, you can help take some of the “silence” away from the “Silent Epidemic” of youth suicide. Help your friends who may be struggling by learning about the problem and making a plan to help.

Be Aware
Be aware and understand the problem of youth suicide.

Be Able to Identify
Be able to identify a friend who may be hurting.
Look for warning signs in your friends.

Be Prepared to React
Be prepared with a plan in place in the event that your friend displays warning signs of suicide.

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