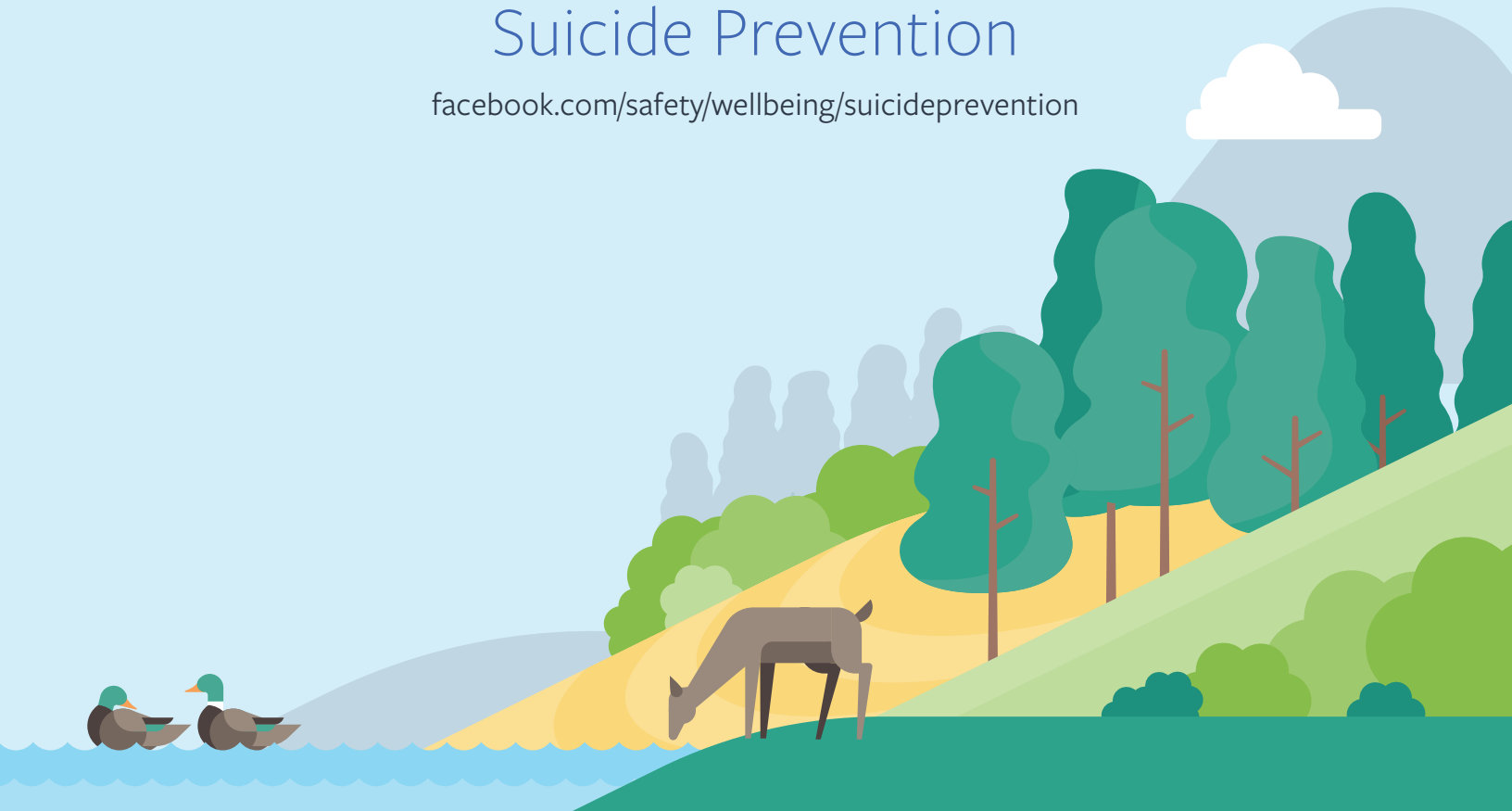


# Suicide Prevention

[facebook.com/safety/wellbeing/suicideprevention](https://facebook.com/safety/wellbeing/suicideprevention)



Experts say that one of the best ways to prevent suicide is for those in distress to hear from people who care about them. Facebook has a unique role – through friendships on the site – to connect people in distress with people who can support them. It’s part of our ongoing effort to help build safe and supportive communities on and off Facebook. Whether you have a family member you’re worried about, or you’re struggling with thoughts about suicide yourself, we want to help.