



*"Sometimes first aid isn't a bandage, or CPR or calling 911.  
Sometimes, first aid is YOU."*

### How I Saved A Life

In my world, I keep up with my family and friends on Facebook. On this particular day I somehow entered a total strangers world. I didn't know her - she wasn't family or a friend at the time. She had posted on FaceBook that she couldn't take it anymore. She was going to end her life. I read her post and immediately inboxed her. I hoped she was nearby, I asked her to please give me her address. I needed her trust. I promised her I wouldn't call the police. By the way, I'm a retired peace officer. I just knew I needed to go to her and talk with her. While continuing our FaceBook inbox conversation, I got my car keys and prepared to leave my home. I didn't know that the address she sent was only ten minutes away from my home. I live in California. I immediately remembered the resources from *#BeeThe1ToHelpSomeone* and how important it is to keep the conversation going. I knew I had to keep talking and to let the person know they are not alone. Thank GOD for GPS. I knew I had to reach her soon. The 10-minute drive seemed like 10 hours. I reached her home. She recognized my voice, opened her door and I went inside. I sat with her..I felt she needed a hug; I cried with her and [we] prayed together.

I know without a doubt It was meant for me "to go" and "to talk" to her. Today the young lady is invited to speak at schools and churches as she encourage others to not give up. I've escorted her to a couple of her speaking engagements. Her professional career required her to relocate to another state. We both know we will forever be friends.

My name is Elizabeth and I wanted to share this experience. In my world, I do not hear. I recently lost my hearing. I do not read braille or speak sign language. Texting and social media allows me to communicate with my family and friends. I thank GOD for allowing me to *#BeeThe1ToHelpSomeone*.

I'm thankful for the mission of *#TeamBee* to increase Mental Health awareness in neighborhoods and across the nation and I will encourage others to support *#TeamBee* and to not hesitate to *Converse2Reverse!* [Click here for the resource](#). Print it and post it in the coffee/break room; on your church school board, in the gym locker room or wherever others may read it.

Thank you!

[Click Here For C@R Resources](#)



BeeThe1ToHelpSomeone is a Sock'n It! initiative to resource and promote Mental Health Awareness  
Sock'n It! is a 501c3 Humanitarian Help Organization.  
Donations are tax deductible.