1 in 5 are diagnosed with a mental health condition.
Suicide is the 3rd leading cause of death in the U.S.

THE STATS

20% of youth ages 13-18 live with a mental health condition.
11% of youth have a mood disorder.
10% of youth have a behavior or conduct disorder.
8% of youth have an anxiety disorder.

THE BARRIERS

Adults not taking you seriously.
Not knowing how to access Care.
Feeling like nothing will make a Difference.
Scared to “tell on” a friend.

CONNECT

Notice and Approach to make a Connection.

Provide Space to start dialogue and ask Specific questions.

- It seems like you’re pretty checked out, how are you doing?
- How are you doing since ________ happened?

Expanding Dialogue versus Shutting Down

- Open-ended questions: ‘tell me more...’
- Not leading questions: ____________________

Ask Directly
PARTNER

Your Role is to Start the Dialogue, Not Maintain Someone’s Safety.

Be an **Ally** - it’s easy to dismiss and downplay; this can inadvertently harmful.

Meaningfully **Listen**, validate **Emotions** - don’t try to analyze, fix, solve

Ask **How You Can Help**

If you feel overwhelmed: **Go straight to a trusted adult**
- Text or call a helpline, connect with a trusted adult, school counselor...

How do we **Respond** when the person doesn’t want to be **Connected**?
- “I’m worried about you; I want to make sure you’re supported.”

Reaching out for help on someone’s behalf:
- ________________________________

RESPOND

It’s Essential You Don’t Feel You Have to Hold This Information Alone.

**Emotionally**: Stay open and calm, provide a space for dialogue

Identify ways that you can **Partner** with the person to make a meaningful **Connection**.

Respond **This can occur in a variety of ways**
- Call a helpline, find a trusted **Adult**
- go to a **Teacher**, **Counselor**, or **Parent**
- or text a **Help Line**

Respond to **Social Media Posts** by **Checking In**.