

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.

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- 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



ECPR



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.

