THE STATS

Suicide is the ____ leading cause of death in the U.S.

_____ in _____ are diagnosed with a mental health condition.

_____ of youth ages 13-18 live with a mental health condition.
_____ of youth have a mood disorder.
_____ of youth have a behavior or conduct disorder.
_____ of youth have an anxiety disorder.

HOW TO CONNECT

Be an ______________ - It’s easy to dismiss or downplay.
“I am here for you” “I would feel hurt too”

Be a ______________ ______________ - “Tell me more”
Make eye contact, Repeat what they’re saying

Be ______________ - Don’t try to analyze, fix or solve their emotions
“Your feelings are real”
“You have a right to feel this way”
CONNECT

Ask ______________ Questions.
- “__________________________________________”

Use ___________ _________ Vs. Shutting Down.
- Open ended questions like: __________________________

Ask ________________!

PARTNER

How To Reach Out On Someone’s Behalf:
- Anonymous call to ______________.
- Connect with a ________________________.

It is essential that you don’t feel you have to hold this information alone!

RESPOND

1. Continue to make a ______________ connection with your partner.
2. Reach out to a ______________, ______________, ______________, or ______________.
3. Call a ______________ or text a ______________.
4. Go to a ________________________.

Respond to Social Media Posts By...
_____________ with the person, give ______________, __________ a trusted adult, ___________ self-harm and suicidal ideations on the app.

Your Role Is To Start The Dialogue
Not Maintain Someone’s Safety.