

# THE STATS

E-CPR

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

**B**E AN \_\_\_\_\_ - It's easy to dismiss or downplay.  
"I am here for you" "I would feel hurt too"

**B**E A \_\_\_\_\_ - "Tell me more"  
Make eye contact, Repeat what they're saying

**B**E \_\_\_\_\_ - 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.