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

B e a n ____________ - 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.