



## THE STATS

Suicide is the **2ND** leading cause of death in the U.S.

**ONE** in **FIVE** are diagnosed with a mental health condition.

**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.

## HOW TO CONNECT

**B**E AN **ALLY** - It's easy to dismiss or downplay.

“I am here for you” “I would feel hurt too”

**B**E A **MEANINGFUL LISTENER** - “Tell me more”

Make eye contact, Repeat what they're saying.

**B**E **VALIDATING** - Don't try to analyze, fix or solve their emotions.

“Your feelings are real” “You have a right to feel this way”

# CONNECT

Ask **SPECIFIC** Questions.

- “I’m worried about you, are you having thoughts of hurting yourself?”

Use **EXPANDING DIALOGUE** Vs. Shutting Down.

- Open ended questions like: **TELL ME MORE**

Ask **DIRECTLY!**

# PARTNER

**How To Reach Out On Someone’s Behalf:**

- Anonymous call to **HOTLINE**.
- Connect with a **TRUSTED ADULT**.

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

# RESPOND

1. Continue to make a **MEANINGFUL** connection with your partner.
2. Reach out to a **TRUSTED ADULT, COUNSELOR, PARENT,**  
or **COMMUNITY MEMBER**.
3. Call a **HOTLINE** or text a **HELPLINE**.
4. Go to a **MEIDCAL PROVIDER**.

**Respond to Social Media Posts By...**

**CHECK-IN** with the person, give **RESOURCES, INFORM** a trusted adult,  
**REPORT** self-harm and suicidal ideations on the app.

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