



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.