



2019

# National Children's MENTAL HEALTH AWARENESS DAY

Suicide is the  
**2nd**  
LEADING CAUSE  
OF DEATH in  
Vermonters aged  
**15-34**

American Foundation for  
Suicide Prevention

**80%**  
of those thinking  
about suicide want  
others to be aware  
of their emotional  
pain and to keep  
them from dying.

UMatter

**1 in 10**  
middle school and  
high school students  
have made a suicide  
plan in the last  
12 months.

Youth Risk Behavior Survey

## Preventing Suicide: **EVERYONE** *Has A Role To Play*

### Using the "S" word

Talking to friends about suicide **does not** make them more likely to attempt suicide. In fact, talking about suicide gives an opportunity for help.

#### 4 STEPS TO HELPING A FRIEND

- 1. Listen** — Show you care  
"How are you feeling today?"  
"I'm here for you if you want to talk."
- 2. Ask** — Be direct and caring in your questions  
"Are you thinking about killing yourself?"
- 3. Get Help** — Go to an adult or call a professional to help  
"Will you go see the counselor with me, I think they could really help."
- 4. Offer Hope** — Remind them that they matter to you and others, they have unique strengths and abilities.  
"I know you are going through a tough time, but things will get better. I am on your side, we will get through this!"

UMatter, YYA Workbook

**It Is IMPORTANT That You  
Take Them SERIOUSLY.**

## Where to Get Help



**CRISIS TEXT LINE**

Text VT to 741741  
Free 24/7, Confidential



LOST?  
NOT SURE HOW TO  
APPROACH  
YOUR FRIEND AT RISK?

**SEIZE THE AWKWARD.ORG**