

# SUICIDE PREVENTION

## Awareness Month

SUICIDE *is the*  
Leading  
Cause of Death  
FOR YOUTH  
aged 11-18

2<sup>ND</sup>

HOW CAN WE MOST EFFECTIVELY  
REACH THESE YOUTH?

### SCHOOL-BASED PREVENTION PROGRAMS CAN:

1. Connect students with important mental health information and tools
2. Provide training for teachers and other staff who work closely with them

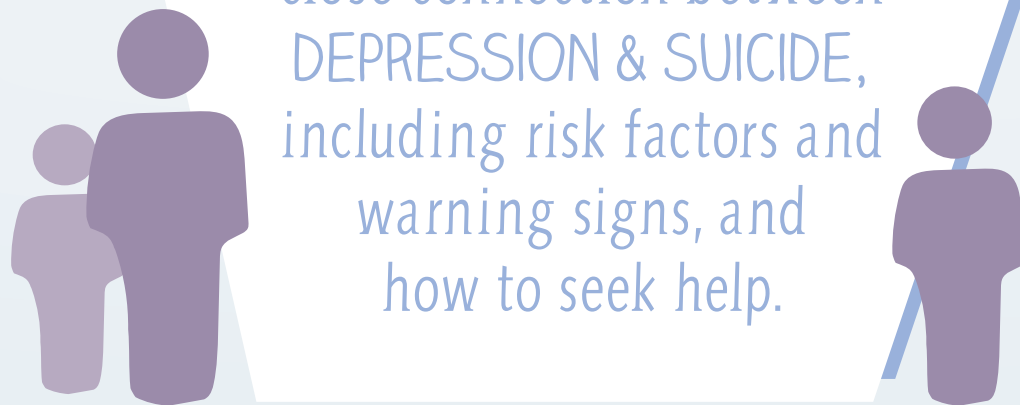
The *SOS Signs of Suicide Prevention Program* is evidence-based and effective, demonstrating a **64% REDUCTION** in self-reported suicide attempts among youth

It takes just



to make a difference

Students are educated on the close connection between DEPRESSION & SUICIDE, including risk factors and warning signs, and how to seek help.



When concerned about themselves or a friend, students learn to ACT<sup>®</sup>:

*A*cknowledge  
*C*are  
*T*ell

While school is an ideal place to teach suicide prevention to youth, everyone can benefit from learning the warning signs of suicide and how to ACT.

**STOPASUICIDE.ORG** teaches individuals the signs and symptoms to look out for, dispels common myths about suicide, and includes tips on how to have a constructive conversation with a friend or loved one if you are concerned.

LEARN TO ACT

