



THE JASON FOUNDATION, INC.

SUICIDE PREVENTION AWARENESS MONTH INFORMATIONAL PACKET SEPTEMBER 2023



WHY SUICIDE PREVENTION MONTH MATTERS

Suicide is the second leading cause of death for young people ages 10 – 24. It is also one of the leading causes of *preventable* death. We lose approximately 137 young people in this age group to suicide each week. Four out of Five individuals considering suicide give some sign of their intentions. That means in 80% of those considering suicide, we have an opportunity to recognize the warning signs and intervene!

September is Suicide Prevention Awareness Month. National Suicide Prevention Week is September 10 – 16, 2022, with World Suicide Prevention Day on the 10th. During this day and week, individuals and organizations alike will be drawing attention to the problem of suicide and advocating the prevention of this tragedy.

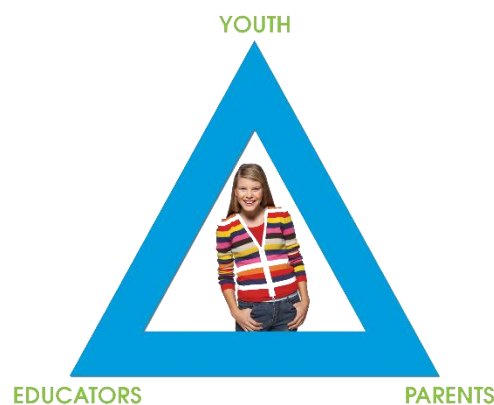
Anyone can participate in Suicide Prevention Awareness Month. There are activities that individuals, schools, offices, churches, and all types of organizations can conduct to bring awareness to suicide prevention. The awareness generated in September has the potential to have an enormous impact in our nation, even the chance to save a life. The Jason Foundation would like for you to consider being a part of this very important week by helping create awareness.

This informational packet includes ideas and suggestions of activities which you can participate in to help build awareness within your community. Articles have been provided should you have the opportunity to share either with an individual or for publication. Suggestions for social media outreach have also been included.

Thank you for taking the time to review this information. At The Jason Foundation, we believe that Awareness and Education are the keys to Prevention.

If you have any questions or would like to discuss how you can further help fight the “silent epidemic” of youth suicide, visit our website at www.jasonfoundation.com.

To obtain materials for distribution, visit www.jasonfoundationmaterials.com.



ABOUT THE JASON FOUNDATION

MISSION STATEMENT

The Jason Foundation, Inc. (JFI) is dedicated to the prevention of the “silent epidemic” of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth.

ABOUT JFI

JFI believes that awareness and education are the first steps to prevention. We want to establish a Triangle of Prevention by providing students, parents, and teachers the tools and resources to help identify and assist at-risk youth. Accomplished through a curriculum unit for students and informational seminars for teachers and parents, our programs provide resources to accomplish this goal. The materials are easy-to-use and are intended to provide educational information. There is no intent to diagnose or treat suicidal ideation. JFI’s intention is to empower youth, educators, and parents to help recognize when young people are in pain and know to get professional help involved as soon as possible. The Jason Foundation, Inc. is a 501c3 non-profit.

From day one, JFI has been dedicated to the prevention of the “silent epidemic.” JFI has never charged a school, educator, church, youth group, or community for any program or service that they use. This assures that “lack of funding” is never the sole deciding factor of who can receive these life-changing/life-saving programs and resources. From a kitchen table start-up, JFI is now considered to be a national leader in youth suicide awareness and prevention.



A LETTER FROM JASON'S FATHER



Dear Friend,

Jason was my youngest son. He was an average 16-year-old. He got mostly Bs on his report card, and he loved sports. Especially football. He was active in his youth group, and he had a lot of friends. Jason was the one who was always up for going places and trying new things. From all appearances... my son loved life.

But on July 16, 1997, everything changed. My son, Jason, became a statistic of the "silent epidemic" of youth suicide. In trying to come to terms with what happened, I began researching youth suicide. The statistics are alarming. Did you know that, on average, over 130 young people per week will become victims of youth suicide?

Youth suicide can be prevented, and that is what The Jason Foundation is all about. I urge you to get involved. Together, we can help stop this epidemic. Ask for our material. Read it. Then share it with your friends, family, and others. Please help us reach out to hurting teens with another choice.

I will never hug my son again, but I can and will work alongside you... perhaps to save your friend, your neighbor's child, a relative, or even your own son or daughter.

Thank you for your support of any kind,

A handwritten signature in cursive script that reads "Clark Flatt".

Clark Flatt
President
The Jason Foundation, Inc.

HOW TO GET INVOLVED

BUSINESSES:

- Hang Posters within your workplace. Posters are available for download below
- Place a link to resources on your website
- Distribute information to customers. Materials are available for download below.

SCHOOLS:

- Research local resources for help that can be kept in classrooms and offices
- Set up a computer station within the school lunchroom or library to encourage students to take the B1 Challenge @ b1.jasonfoundation.com
- Share suicide prevention protocols with staff to ensure that they know the steps to take should they recognize a student who may be struggling
- Hang Posters around the school, available for download below

RELIGIOUS INSTITUTIONS:

- Hang Posters within your church or building
- Host a B1 night for students
- Invite adult members of your community and stream The Jason Foundation's Parent & Community Seminar

ATHLETIC ORGANIZATIONS:

- PA Announcer Scripts - Having your PA Announcer read public service announcements is an easy way to inform attendees about The Jason Foundation, suicide prevention, and resources available to them. These can be read before, after, or during the game.
- Hang Signs and Flyers Signs, flyers, and banners are available for your use. These can be displayed within your school, around the gym or playing field, and near concessions stands.
- Informational Booths – Display booths can be set up before your games for attendees to obtain information.
- Collaborate with Opposing Team for Themed Night – While this may be the most demanding and time consuming of our suggestions, collaborating with an opposing team during a game has the potential for a significant impact within your school and community. An entire week or night can be devoted to suicide prevention.

FAMILIES:

- Go to www.jasonfoundation.com and take the online training at no-cost – we suggest "Youth Suicide: A Silent Epidemic" for general knowledge about specifically youth/young adult suicide.
- Check to see if your local schools are providing programs for their students and educators. If not, share with them information about how they can find resources and materials.
- Ask churches or organizations in your community to jointly host a "Community Day" training about suicide prevention. The Jason Foundation, as well as other partners, can help with training materials.
- Like and share suicide prevention information, possibly from The Jason Foundation, on your social media platforms
- Take the B1 Challenge @ b1.jasonfoundation.com
- Download the "A Friend Asks" App and encourage other to do so too
- Post warning signs and resources for help on your social media accounts

I WON'T BE SILENT

#IWONTBESILENT is an awareness campaign by The Jason Foundation to raise the national conversation of the “silent epidemic” of youth suicide. Learn the warning signs associated with suicide, and challenge the people you know to learn them, as well. Challenge your co-workers, school, social club, friends, or family to join you. Taking a few short minutes to challenge the people you know will help take some of the “silence” away from the tragedy of youth suicide. Our nation should be familiar with the warning signs, suicide facts and statistics, and how to find help for at-risk youth.

Visit www.iwontbesilent.com, and learn how you can help raise the national conversation of youth suicide prevention. The site will provide you with ideas on how you can conduct an awareness campaign within your school, business, church, or other organization. Materials are available for download so that you can obtain them within minutes. Be sure to take lots of photos during your event and share them with us. We would love to include them with others who have taken the challenge. Share your photos on social media with the #IWontBeSilent, and be sure to tag us.

All the information necessary to hold a successful event is included in our User’s Guide, available for download on the www.iwontbesilent.com website. Alternatively, a User Guide and additional information are available for download on the Suicide Prevention Month page of JFI’s website. To obtain, simply click on “Suicide Prevention Month” under the How to Get Involved tab at www.jasonfoundation.com

#IWONTBESILENT

RAISING THE NATIONAL CONVERSATION ON YOUTH SUICIDE PREVENTION



SUICIDE & CRISIS LIFELINE

The Suicide & Crisis Lifeline, or simply "988," is a three-digit phone number in the United States that connects individuals in emotional distress, including those experiencing thoughts of suicide, with trained counselors and mental health professionals.

Similar to 911 for immediate physical crises, 988 is intended to provide quick access to critical mental health support. The establishment of this number aims to make it easier for individuals in crisis to reach out for help, reducing barriers to accessing mental health services and potentially preventing suicides. Please note that details might have evolved after my last knowledge update in September 2021.



CRISIS SUPPORT TEAM

The Jason Foundation and Acadia Healthcare teamed up to create the Crisis Support Team (CST) as a resource that you communities in need have free access to. The Crisis Support Team (CST) is a free resource for guidance and advice when dealing with traumatic events that could affect a young person's emotional health. CST will provide telephonic assistance from clinical professional who will listen to your situation and share insights on the most appropriate way to respond to these traumatic events. The service is NOT crisis counseling for individuals but intended to offer guidance for administration or leadership responding to groups dealing with adverse events. These events could range from suicide, suicide attempt, auto accident, or school violence. Reading a protocol or watching an informational module does not allow for the opportunity to ask questions or receive clarification for your specific situation. The Crisis Support Team will act as a sounding board where professionals will help guide your efforts to ensure that the youth involved receive proper care and instruction.



This resource provides an excellent opportunity to reach out to your schools, school districts, colleges, places of worship, and anywhere else that awareness of this program could benefit. The Jason Foundation has rack cards, full page flyers and business cards that you can utilize in marketing this FREE resource.

SOCIAL MEDIA OUTREACH

One of the simplest ways that you can become involved in National Suicide Prevention Month activities is to promote suicide prevention efforts on your social media. The Jason Foundation will be conducting social media outreach of various kinds throughout the month. Be sure to follow us on Facebook, Twitter, Instagram, and LinkedIn. Sharing our posts and information with your followers can be vital to our outreach during the month. The Jason Foundation's Chief Medical Officer, Dr. John Flatt, offers Dr. John's Insights, which are short form informative videos you can check out on any of our social media platforms.

Below are examples of social media posts you can utilize from your facilities page which promotes suicide prevention and the partnership between JFI and your Acadia facility.

Examples of posts for your social media:

- Education and awareness are the keys to prevention. Learn the statistics associated with youth and young adult suicide and the signs of concern often displayed. By being educated on this Silent Epidemic, you could help save a life. Learn more at www.jasonfoundation.com
- Suicide is the second leading cause of death for ages 10-44 in our nation. #IWontBeSilent about suicide prevention and I challenge you to do the same! Visit, www.iwontbesilent.com to learn how you could make a difference in someone's life today.
- #IWontBeSilent about youth suicide, and I challenge you to do the same! Learn the warning signs associated with suicidal thoughts at www.iwontbesilent.com
- Would you know how to recognize or respond if friend is struggling with thoughts of suicide? Take the B1 pledge so that you can Be Aware, Be Able to Identify and Be Prepared to React if someone you love is struggling. Learn how you can to at <https://b1.jasonfoundation.com>
- "A Friend Asks" is The Jason Foundation's FREE smartphone app that can provide you with the tools and resources to help a friend who may be struggling with thoughts of suicide. Learn more at www.jasonfoundation.com/get-involved/student/a-friend-asks-app
- A friend, especially an informed friend, can help make a difference for someone who may be struggling with thoughts of suicide or self-harm. Learn how you can B1 at <https://b1.jasonfoundation.com>
- Mental health awareness and suicide prevention is everyone's business! Help us in raising awareness for suicide prevention by utilizing the hashtag, #IWontBeSilent on your posts. It's a great way raise awareness within your friends and encourage them to do the same. Visit, www.iwontbesilent.com to learn more.

Find us on social media!



[facebook.com/JasonFoundation](https://www.facebook.com/JasonFoundation)



[instagram.com/TheJasonFoundation1997](https://www.instagram.com/TheJasonFoundation1997)



twitter.com/JasonFoundation



[linkedin.com/company/the-jason-foundation-inc-](https://www.linkedin.com/company/the-jason-foundation-inc-)

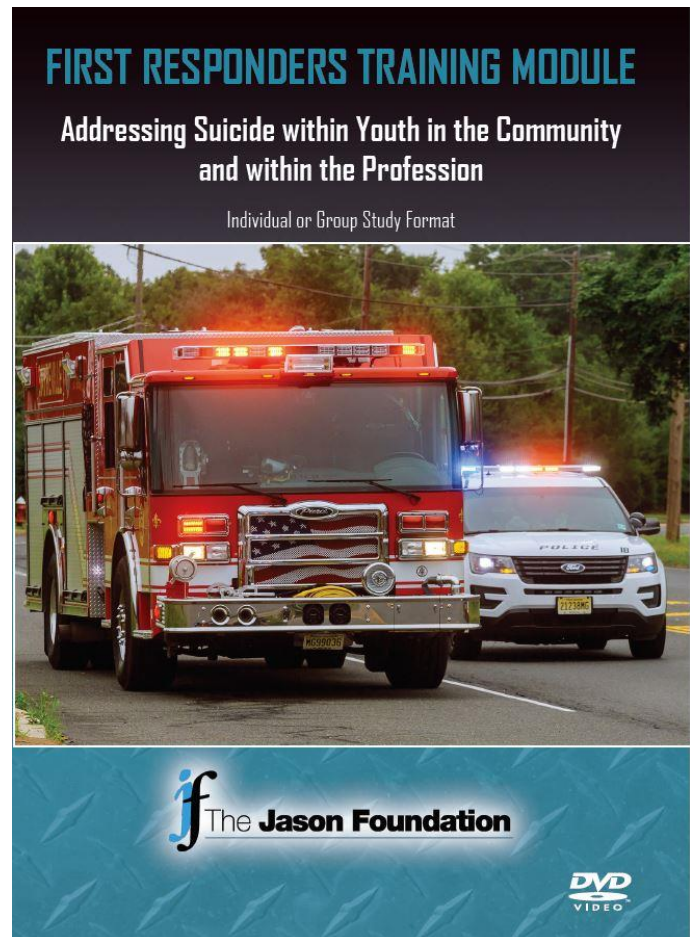
FIRST RESPONDER TRAINING MODULE

The Jason Foundation's First Responders Training Module Addresses suicide with youth in the community and within the profession. The goal of this training is to provide First Responders with the knowledge, skills and resources to enable them to be better able to recognize the signs of concern and elevated risk factors for suicidal ideation in youth within their community, as well as in co-workers and fellow first responders. As with everything that we do, the first part of the training focuses on statistics, warning signs, and information related to youth suicide. The second part of the module highlights stresses, statistics, and how to help fellow first responders. All Jason Foundation programs and materials are available at no cost.

More EMS workers, firefighters, and police officers die by suicide than in the line of duty. Researchers found that elevated levels of PTSD were associated with a higher likelihood of thinking about suicide and/or having a history of suicide attempts. Police officers, firefighters, and EMS workers suffer from PTSD at a rate 2 to 5 times higher than the general population. Some first responders have been working around the clock to ensure that medical services are available. Especially now, it is imperative that we provide them with the resources necessary to care for themselves, as well.

As a Jason Foundation Affiliate Office, you can offer this training to your local departments as a free resource they can access. You can also offer this training live with a virtual or in-person training session. Contact your JFI divisional director to learn more.

To access the online training module, visit The Jason Foundation's website and look for First Responders under the How to Get Involved Tab. The module was designed for both individual study and group training.



B1 PROJECT

A friend, especially an informed friend, can help make a difference for someone who may be struggling with thoughts of suicide or self-harm. The B1 Project is designed to be quick, informative, and target the most important aspects of youth suicide prevention.

The purpose of B1 is to give you some of the information, tools and resources to better:

- Respond to a friend who may come to you for help
- Help recognize when a friend might be struggling with thoughts of suicide
- Help you prepare a plan on how you can help that friend

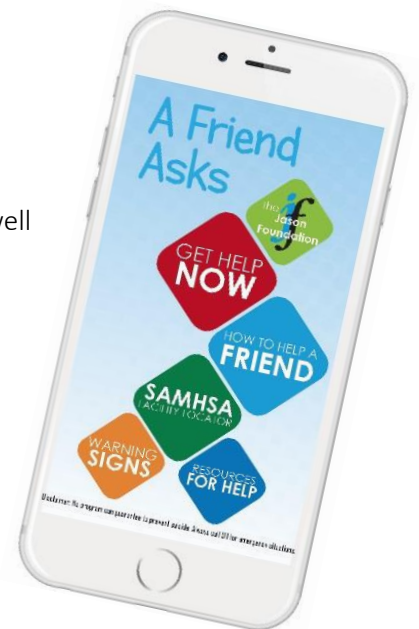
We are not trying to make you a counselor but assist you in guiding a friend to help in your school or community. Working together, we can help our friends find the help they need should they be struggling with life's issues or thoughts of suicide. Share that you have taken the B1 Pledge with others via social media. Encourage your friends to B1, too.

The Jason Foundation offers several materials that you could use to market the B1 Project in your community. Visit the B1 website at www.b1.jasonfoundation.com.



“A FRIEND ASKS” APP

A Friend Asks is JFI's smartphone app designed to provide users with the information, tools, and resources to help recognize when someone may be struggling with thoughts of suicide and how to help. The app has been very well received since its launch. Recently, we completed an update to the app to include a Spanish translation. Once in the app, a dropdown menu is available in the upper, right-hand corner. The new feature will allow you to seamlessly switch between English and Spanish. All pages have been translated to better serve the variety of communities that you reach. If you have not done so already, download the app today. Search “Jason Foundation” on the Apple App Store or Google play. Alternatively, you can find more information [here](#).



DOWNLOADABLE MATERIALS

The links below will allow you to download some useful items for September. They are also available on The Jason Foundation's website. Simply click on "Suicide Prevention Month" under the How to Get Involved tab at www.jasonfoundation.com.

[#IWONTBESILENT User Guide](#)

[#IWONTBESILENT Signs](#)

[#IWONTBESILENT for Schools](#)

[#IWONTBESILENT Point of Contact Resource Info](#)

[B1 Poster](#)

[B1 Flyer](#)

[Crisis Support Team Poster](#)

[First Responder Rack Card](#)

[Youth App Phone Card](#)

[A Friend Asks App Poster](#)



THERE IS A "SILENT EPIDEMIC" SWEEPING THROUGH OUR NATION.
This "Silent Epidemic" is youth suicide!

Make a Difference and DOWNLOAD the APP "A Friend Asks"

FACTS:

- A friend, especially an informed friend, can help make a difference for someone who may be struggling with thoughts of suicide.
- Suicide is a leading cause of PREVENTABLE death.
- Suicide is the SECOND leading cause of death for middle and high school age youth (ages 12-18).
- Suicide is the THIRD leading cause of death for college age youth (18-22).
- Suicide is the THIRD leading cause of death for youth ages 10-24.
- Nationally, almost ONE out of SIX young people "seriously considered suicide" in the past TWELVE months.

"A Friend Asks" APP
A free smart-phone app to help provide the information, tools, and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.

Download "A Friend Asks" APP
and keep on your smart-phone as a ready resource. Search "Jason Foundation" for the free app on the Apple App Store and Google Play.

If you are in an immediate crisis, call 911. Call the **National Suicide Prevention Lifeline** (anytime 24/7 at 1-800-273-8255) or use the **Get Help Now** button on the app if you, or a friend, need to talk with a counselor for help or resources available in your area. The Crisis Text Line is a free 24/7 text line where trained crisis counselors support individuals in crisis. Text "JASON" to 741741 to reach the Crisis Text Line.

www.jasonfoundation.com



#IWONTBESILENT



 **The Jason Foundation**
A National Leader in the Awareness & Prevention of Youth Suicide

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THE JASON FOUNDATION, INC.



FOUNDED IN MEMORY
OF JASON FLATT

March 20, 1981 - July 16, 1997

*Working Together for the
Prevention of Youth Suicide*