



Be Aware, Be Able, Be Prepared **B1 FOR A FRIEND!**

Someone you know may need a friend - **B1** ... Take the B1 Pledge

BE AWARE

Be aware and understand the problem of youth suicide.

- Suicide is the 2nd leading cause of death for youth ages 10-24.

BE ABLE TO IDENTIFY

Be able to identify warning signs in a friend who may be hurting. Look for these warning signs in your friends:

- Suicide threats
- Depression
- Anger, increased irritability
- Lack of interest in activities they once enjoyed
- Sudden increase/decrease in appetite
- Sudden changes in appearance
- Dwindling academic performance
- Preoccupation with death and suicide
- Previous suicide attempts

BE PREPARED TO REACT

You should never be afraid to talk to someone who may be depressed or at-risk. At the very least, they will know there is someone who cares for them. You should also have an action plan in case a friend or family member shows signs of suicidal ideation. Taking the B1 pledge will help you to “Be Prepared”.

WHERE DO I GO FOR HELP?

- Your favorite teacher/coach
- Parents
- Clergy
- Guidance counselor
- Doctor
- Trusted adult
- National Suicide Prevention Lifeline
1-800-273-TALK (273-8255)
- Local mental health center

LET RASCAL FLATTS KNOW YOU WILL B1 FOR A FRIEND
BY TAKING THE PLEDGE AT

www.rascalflattsB1.com


www.jasonfoundation.com

Programs for the awareness and prevention of youth suicide