

Point of Contact Resource Information

Thank you for agreeing to help with the #IWONTBESILENT campaign as the main point of contact for your event. Resources are provided should someone request additional information. While we believe most questions are addressed within this website, we feel it is important to have a designated contact(s), especially with youth campaigns.

#IWontBeSilent FAQs

QUESTION: Who is behind the #IWONTBESILENT challenge?

ANSWER: The Jason Foundation, Inc.

QUESTION: Who is The Jason Foundation?

ANSWER: The Jason Foundation, Inc. (JFI) is a non-profit 501c3 that 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.

QUESTION: Who can participate?

ANSWER: The #IWONTBESILENT campaign is appropriate for ages 12 and older.

QUESTION: I can't print everything. Can you send me materials?

ANSWER: Currently, we do not have materials available for shipping. Printed materials will be made available in the future. All flyers, signs, and materials are only offered via digital download at this time. There is no cost to download any of the materials associated with #IWONTBESILENT.

QUESTION: Who do I contact with more questions?

ANSWER: If you have questions or would like to speak to someone regarding #IWONTBESILENT, feel free to reach out to The Jason Foundation at contact@iwontbesilent.com or 1-888-881-2323.

QUESTION: My students are talking about suicide prevention, now what?

ANSWER: The Jason Foundation offers programs for youth suicide prevention for ages 12 and up. Consider instituting a student curriculum or one of our several other programs that go into more depth about youth suicide and how we can make a difference. Visit our site to see what would be applicable for your student body. Also, feel free to contact us and we can discuss what would be most appropriate for your needs.

QUESTION: Someone told me that they are thinking of attempting suicide. What should I do?

ANSWER: For emergencies or immediate concerns about safety, please dial 911. As a backup for emergencies and/or for questions or concerns on how to help an at-risk student call the National Suicide Prevention Lifeline at 1-800-273-TALK(8255) which will connect you to the closest certified crisis help call center.

QUESTION: Do you have any more resources?

ANSWER: JFI believes that awareness and education are the first steps to prevention. For this reason, we have several programs that target the main areas of influence on a young person's life. Our programs provide students, parents, and teachers with the tools and resources to help identify and assist at-risk youth. For more information on our programs and how to obtain them, visit The Jason Foundation's website at www.jasonfoundation.com.

QUESTION: When should we plan and not plan the event?

ANSWER: September is an ideal time to conduct a #IWONTBESILENT event as it is Suicide Prevention Awareness Month. That being said, almost any time is a good time to increase awareness about suicide prevention. Awareness events SHOULD NOT be conducted after a known suicide or attempt. The Jason Foundation recommends waiting 4 to 6 months after a known suicide or attempt before conducting activities for youth. Contrary to popular belief, suicide rates do not peak during the winter months. In fact, more suicides occur during spring months than any other period during the year.

QUESTION: How often should we do this?

ANSWER: Awareness events such as these can be conducted regularly to raise the conversation of youth suicide. Hosting activities such as these are ideal on an annual or semi-annual basis.

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Questions about more statistics:

- The Jason Foundation's website features sections with current statistics and references. www.jasonfoundation.com
- CDC Youth Risk Behavioral Survey www.cdc.gov/healthyyouth/data/yrbs/index.htm
- CDC Violence Prevention – Suicide Prevention www.cdc.gov/ViolencePrevention/suicide/index.html
- National Institute of Mental Health www.nimh.nih.gov/health/statistics/suicide.shtml

Questions about programs and resources:

- The Jason Foundation's website has many programs for youth and adults, including:
 - B1 Project - B1 is designed to be quick, informative, and target the most important aspects of youth suicide prevention. Participating in the B1 Pledge is a proactive step towards taking some of the silence out of the "Silent Epidemic." B1 will help you to recognize warning signs and develop a plan of action to help someone who may be struggling.
 - A Friend Asks - A FREE smart-phone app that helps provide the information, tools and resources to help a friend (or yourself) who may be struggling with thoughts of suicide. Download the app today and encourage friends and family to do the same. Available on the Apple App Store and Google Play.
 - Online Professional Development Series for Adults - The Jason Foundation, Inc. series of online Staff Development Training Modules provide information on the awareness and prevention of youth suicide. These training modules are suitable for teachers, coaches, other school personnel, youth workers, first responders, foster parents and any adult who works with or interacts with young people or wants to learn more about youth suicide.
- A listing of other organizations that may be helpful can be found at www.jasonfoundation.com/youth-suicide/resources/.
- The National Council of Suicide Prevention is a national coalition of seven leading nonprofits working to end suicide in the United States. www.thencsp.org

Questions about resources regarding possible crisis situations:

- For emergencies or immediate concerns about safety, please dial 911.
- The National Suicide Prevention Lifeline (1-800-273-8255) will connect you with the closest certified crisis help call center. The toll-free line is available 24/7 for anyone in suicidal crisis or emotional distress.
- For schools:
 - Learn what your school protocol is for when a young person at-risk for suicide has been identified.
 - Identify and locate the proper counselor or teacher that should be contacted when an at-risk student needs help.

Of course, The Jason Foundation is available to help with additional resources or program support. Feel free to reach out to us at contact@jasonfoundation.com or 1-888-881-2323 with any questions or requests that you may have.