



# 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"



The  
Jason  
Foundation

## 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, over 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](http://www.jasonfoundation.com)