



Someone you know may need a friend...



JOIN THE FIGHT AGAINST YOUTH SUICIDE

BE AWARE

Be aware and understand the problem of youth suicide.

- Suicide is the **3rd** leading cause of death for ages 10-24.
- Suicide is Preventable.

BE ABLE TO IDENTIFY

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

- Suicide threats
- Depression
- Anger
- Lack of interest in activities
- Sudden increase/decrease in appetite
- Sudden changes in appearance
- Dwindling academic performance
- Preoccupation with death and suicide
- Previous suicide attempts
- Final Arrangements
- Sudden failure to complete assignments
- An "I don't care" attitude about school or other activities

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 TO GO FOR HELP

- Your favorite teacher/coach
- Parents
- Clergy
- Guidance Counselor
- Doctor
- Trusted adult
- Local mental health center
- National Suicide Prevention Lifeline
1-800-273-TALK (8255)
- Crisis Text Line – Text "**JASON**" to **741741**

A friend, especially an informed friend, can make a huge difference for someone who may be struggling with thoughts of suicide.
Be A Part of the Solution!

BE AWARE BE ABLE BE PREPARED

Let us know you will B1 for a friend by taking the pledge at b1.jasonfoundation.com



Programs for the awareness and prevention of youth suicide