



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 THIRD 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 SECOND leading cause of death for youth ages 10-24.
- Nationally, ONE out of FIVE young people "seriously considered suicide" in the past TWELVE months.



A Friend Asks



GET HELP
NOW

HOW TO HELP A
FRIEND

SAMHSA
FACILITY LOCATOR

WARNING
SIGNS

RESOURCES
FOR HELP

Disclaimer: No program can guarantee to prevent suicide.
Always call 911 for emergency situations.

"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 or text the **Suicide & Crisis Lifeline** (24/7 at 988) or use the **Get Help Now** button on the app if you, or a friend, need to talk with a counselor for help or resource in your area.

www.jasonfoundation.com