Suicides among teenagers in the United Staed have increased explosively in the pastfew years. Over 1,000,000 people commit suicide each year. . It is the leading cause of death among teenagers and adults under 35.

 Suicide is often commited out of despair from alcholism, drug abuse, or depression. This is the 13th leading cause of death worldwide. Suicide is hgher for men than women.

Most people who want to commit suicide don’t want to die. They won’t offer help, but that doesn’t mean that they don’t *want* help.

“If in doubt, don’t check out.”

# Suicide:

A preventable epidemic.

Tel: 555-273- TALK



### Suicide Information

## Company Name

## Company Name

Street Address

Address 2

City, ST ZIP Code

Web site address

### Tips for Suicide

Conversation about Suicide:

Ways to start a conversation about suicide:

 ~I’ve been concerned about you lately.

 ~I’ve noticed some changes about you lately, what’s going on?

 ~I wanted to check in with you because you haven’t seemed yourself lately.

Questions you can ask:

 ~ When did you begin feeling like this?

 ~Did something happen to make you start feeling like this?

 ~How can I support/help you?

 ~Have you thought about getting help?

Things you can say to help:

~You’re not alone in this, I’ll help you.

~You may not believe it now, but things will change.

~I may not understand how you feel, but I care about you.

~If you ever feel like giving up, tell yourself hold on.