



## Be Aware, Be Able, Be Prepared **B1 FOR A FRIEND!**

Someone you know may need a friend - **B1** ... Take the B1 Pledge

### **BE AWARE**

Be aware and understand the problem of youth suicide.

- Suicide is the 2nd leading cause of death for youth ages 10-24. (2016 CDC WISQARS)

### **BE ABLE TO IDENTIFY**

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

- Suicide threats
- Depression
- Anger, increased irritability
- Lack of interest in activities they once enjoyed
- Sudden increase/decrease in appetite
- Sudden changes in appearance
- Dwindling academic performance
- Preoccupation with death and suicide
- Previous suicide attempts

### **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 DO I GO FOR HELP?**

- Your favorite teacher/coach
- Parents
- Clergy
- Guidance counselor
- Doctor
- Trusted adult
- Crisis line such as 1-800-SUICIDE (784-2433) or 1-800-273-TALK (273-8255)
- Local mental health center

**LET RASCAL FLATTS KNOW YOU WILL B1 FOR A FRIEND  
BY TAKING THE PLEDGE AT [www.rascalflattsB1.com](http://www.rascalflattsB1.com)**

 **The Jason Foundation**  
[www.jasonfoundation.com](http://www.jasonfoundation.com)

Programs for the awareness and prevention of youth suicide

# A Friend Asks App

There is a "Silent Epidemic" sweeping through our nation. It knows no social, racial or economic barriers. This "Silent Epidemic" is youth suicide! Suicide claims an average of more than 100 young lives each week in our nation.

## Would you know how to help a friend who is contemplating suicide?

A **FRIEND**, especially an **INFORMED FRIEND**, can help make a difference to someone who may be struggling with thoughts of suicide.

**A FRIEND ASKS** is 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.

**WARNING SIGNS, HOW TO HELP A FRIEND**, and other useful resources are provided. The **GET HELP NOW** button allows for instant connectivity to the National Suicide Prevention Lifeline. All of these features are available on this free downloadable app.

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.

Suicide is not only a leading cause of death for our youth, it is a leading cause of **PREVENTABLE** death!



For middle and high school age youth (ages 12-18), suicide is the **SECOND** leading cause of death. (2010 CDC WISQARS)

For college age youth (ages 18-22), suicide is the **SECOND** leading cause of death. (2010 CDC WISQARS)

Over-all, suicide is the **SECOND** leading cause of death for our youth ages 10-24. (2010 CDC WISQARS)

Nationally, over **ONE** out of **SIX** young people "seriously considered suicide" in the past **TWELVE** months. (2010 CDC YRBS)

**FOUR** out of **FIVE** young people who will attempt suicide will give clear **WARNING SIGNS**.

Youth Suicide has been declared a **NATIONAL HEALTH ISSUE** by the U. S. Surgeon General's office.

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.



 **The Jason Foundation**  
[www.jasonfoundation.com](http://www.jasonfoundation.com)