

One Supportive Conversation Can Change a Life....



Call or Text 988 or Chat 988lifeline.org to reach the Suicide Prevention Lifeline!

As of July 2022, a new three-digit code, 988, will route callers to the National Suicide Prevention Lifeline. The current Lifeline phone number (1-800-273-8255) will always remain available to people in emotional distress or suicidal crisis.

Preventing Youth Suicide is Everyone's Responsibility

Suicidal behaviors among high school students increased in the past decade. From 2008 to 2018, the suicide rate of youth between the ages of 10 to 24 increased to 57%. Understanding how to prevent and intervene when concerned about a young person is critical. **We invite you to view this training series, "[ADAPP Suicide Prevention](#)", developed by ADAPP in partnership with Connect with Kids. It provides information and action steps to prevent youth suicide and covers: <https://suicide-prevention.connectwithkids.com/overview/>**

- Overview of Youth Suicide
- Importance of Connectedness and Belonging
- Suicide Prevention
- Warning Signs
- Risk Factors
- Depression
- FACTS (a mnemonic to identify warning signs)
- High Risk Groups
- Intervention
- Common Myths
- See Something, Say Something
- How to Intervene When Concerned About a Youth

Additional Resource:

Crisis Text Line (741741) – For 24/7, immediate, free, and confidential help (for you, or for a friend): Text Got5 to connect. (FYI – you can actually text any word to this anonymous text line to start a conversation, but New York State has partnered with the Crisis Text Line to use the Got5 word. If you visit the Crisis Text Line website, they use the word HOME. Any word is fine!) The 741741 number is easy to remember: It's the first column of numbers on a phone. It usually takes less than five minutes to connect you with a Crisis Counselor who is a trained volunteer. When you've reached a Crisis Counselor, they'll introduce themselves, reflect on what you've said, and invite you to share at your own pace. You never have to share anything you don't want to. The goal is to get you to a calm, safe place.

There is hope.

