



National Children's MENTAL HEALTH AWARENESS WEEK 2019

American Indian/
Alaska Natives have the
**highest rates of
suicide** of any racial/
ethnic group in the
United States.

CDC, March 2, 2018

More than **1/3** of
American Indians/Alaska
Native suicides occurred
among youths aged
10 - 24.

Center for Native American Youth at
the Aspen Institute

13%
of American Indian/
Alaska Native high school
students in Vermont
made a plan on how to
kill themselves during the
previous year.

2017 VT Youth Risk Behavior Survey

Preventing Suicide: **EVERYONE** *Has A Role To Play*

If someone you care about is showing signs of suicidal behavior, don't be afraid to ask. Don't worry about being wrong. It is estimated that **80%** of those thinking about suicide want others to be aware of their emotional pain and to keep them from dying.

Talking about suicidal thoughts will not plant the idea in someone's mind. It can come as a great relief to that person. It is also not true that people who talk about killing themselves will not actually try it.

***It is important that you
take them seriously.***

Where to Get Help: vtspc.org



CRISIS TEXT LINE

Text VT to 741741
Free 24/7, Confidential



LOST?
NOT SURE HOW TO
APPROACH
YOUR FRIEND AT RISK?

SEIZE THE AWKWARD.ORG