



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

10%
of American Indian/Alaska
Native middle school
students in Vermont
have ever tried to kill
themselves.

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

THE **TREVOR** PROJECT
LGBTQ CRISIS HOTLINE
CALL 1-866-488-7386

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

SEIZE THE AWKWARD.ORG