



## 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](http://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**