



DID YOU KNOW...?

- SUICIDE IS THE **SECOND** LEADING CAUSE OF DEATH IN THE UNITED STATES—STARTING WITH CHILDREN AT AGE 10 ALL THE WAY UP TO ADULTS AT AGE 33.
- ABOUT **19% OF YOUNG PEOPLE** CONTEMPLATE OR ATTEMPT SUICIDE EACH YEAR.
- **FOUR OUT OF FIVE** TEENS WHO ATTEMPT SUICIDE HAVE GIVEN CLEAR WARNING SIGNS.
- **STEREOTYPES** ARE ONE OF THE BIGGEST BARRIERS PREVENTING YOUNG PEOPLE FROM SEEKING HELP.

**These statistics are more than just numbers.
Suicide is happening right now.**

In December 2016, a student in Michigan lost her life to suicide. As a result of this tragic loss, memorial funds were donated to the Association for Children's Mental Health (ACMH) in hopes that our organization could help make a difference for teens that are currently struggling.

In response, the ACMH Statewide Youth Advisory Committee, a group of youth who have personal experience with mental health challenges, created a toolkit to raise awareness and offer support and education to help put an end to teen suicide.

LISTEN. REACH OUT. ACT.
You may help save a life.

FOR MORE INFORMATION AND RESOURCES, PLEASE ACCESS OUR WEBSITE AT WWW.ACMH-MI.ORG