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 different 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](http://www.acmh-mi.org)