

Life is Better With You Here



of Black middle school students
attempted suicide in 2019.

According to the Ohio Youth Risk Behavior Study (YRBS)



How To Be Supportive

- Check in with each other.
- Use your platform and speak out about mental health.
- Normalize therapy and seeking help.
- Find healthy coping tools that work for you.
- Know that there is hope in help.

CRISIS TEXT LINE |

**If you or someone you know is
struggling, text '4HOPE' to 741-741 to
be connected to a trained
professional within minutes.**

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Black children under 13 years old are **two times** as likely to die by suicide compared to their White peers.

According to the National Institute of Mental Health



Protective Factors

- Strong family support and relationships.
- Religious and spiritual engagement.
- Community and social support.
- Personal factors like positive self-esteem, emotional well-being, or strong academic performance.
- Factors such as stable family, housing, income, and employment.



Warning Signs

- Saying direct phrases like, "I don't want to live anymore."
- Saying indirect phrases like, "I won't be around much longer."
- Situations such as bullying or major change to daily life.
- Isolation.
- Increased drug or alcohol abuse.
- Unexplained anger, aggression, and irritability.
- Giving away prized possessions.



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@WithYouHere.Ohio

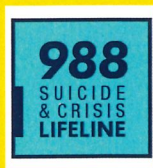


OHIO'S VOICE FOR SUICIDE PREVENTION



OSPF

Ohio Suicide Prevention Foundation
— OhioSPF.org —



For local help and resources, call 211
or visit helpnetworkneo.org