



**PLEASE
PASS THE
LOVE**

**SUICIDE IS THE
2ND LEADING
CAUSE OF DEATH
FOR YOUTH
AGES 12-17**

YOU are NOT ALONE

We need you here. It gets better.

Do you feel that it's harder to be happy?

Are you worried about a friend?

Do you feel like you cannot control your emotions?

Do you feel like giving up sometimes?

Did you reach out for help before, and it didn't work?

Do you feel like you're failing?



1 in 5 children experience a mental disorder in a year

SUICIDE WARNING SIGNS:

If a person talks about:

- **Killing themselves**
- Feeling hopeless
- **Having no reason to live**
- Being a burden to others
- **Feeling trapped**
- Unbearable pain

**Behaviors that may signal risk, especially
if related to a painful event, loss or change:**

- Increased use of alcohol or drugs
- **Looking for a way to end their lives
such as searching online for materials or means**
- Withdrawing from activities
- **Isolating from family and friends**
- Sleeping too much or too little
- **Visiting or calling people to say goodbye**
- Giving away prized possessions
- **Aggression**
- Fatigue

THREE WAYS TO GET HELP:

Chat:

iowacrisischat.org

Call:

1-855-800-1239

Text:

1-855-800-1239

www.pleasepassthe love.org

Please Pass the Love is committed to increasing school-based mental health supports to improve the quality of life and educational opportunities for children, families, and educators as well as offer culturally responsive comprehensive services and evidence-based supports to school systems. We strive to bridge positive relationships between the educational and mental health communities to more effectively prevent and address