

Listen to the Silence

When it comes to depression and suicide, the silence can be deafening.

Suicide is the 3rd leading cause of death for young people in Massachusetts. In 2005, more than 35,588 students in grade 9 to grade 12 made a plan to commit suicide... and more than 17,794 students in grade 9 to grade 12 made a suicide attempt.

MA Department of Education

Listen before it's too late. Together we can prevent these tragedies.

Acknowledge the problem.

Care enough to speak up and say that you want to help.

Tell someone who can help: a friend, an adult, or a hotline.

End the silence and **ACT!**

*ACT (Acknowledge/Care/Tell)(tm) model of suicide prevention was developed by Screening for Mental Health, Inc.

End the silence. Be a lifesaver.

Samariteens: 1-800-252-TEEN (8336)

A program for teens, staffed by trained listeners

A message from The Needham Coalition for Suicide Prevention, the Massachusetts Department of Education, the Massachusetts Department of Public Health, Families for Depression Awareness www.familyaware.org
The Massachusetts Coalition for Suicide Prevention www.masspreventssuicide.org and
Screening for Mental Health Inc. www.MentalHealthScreening.org

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