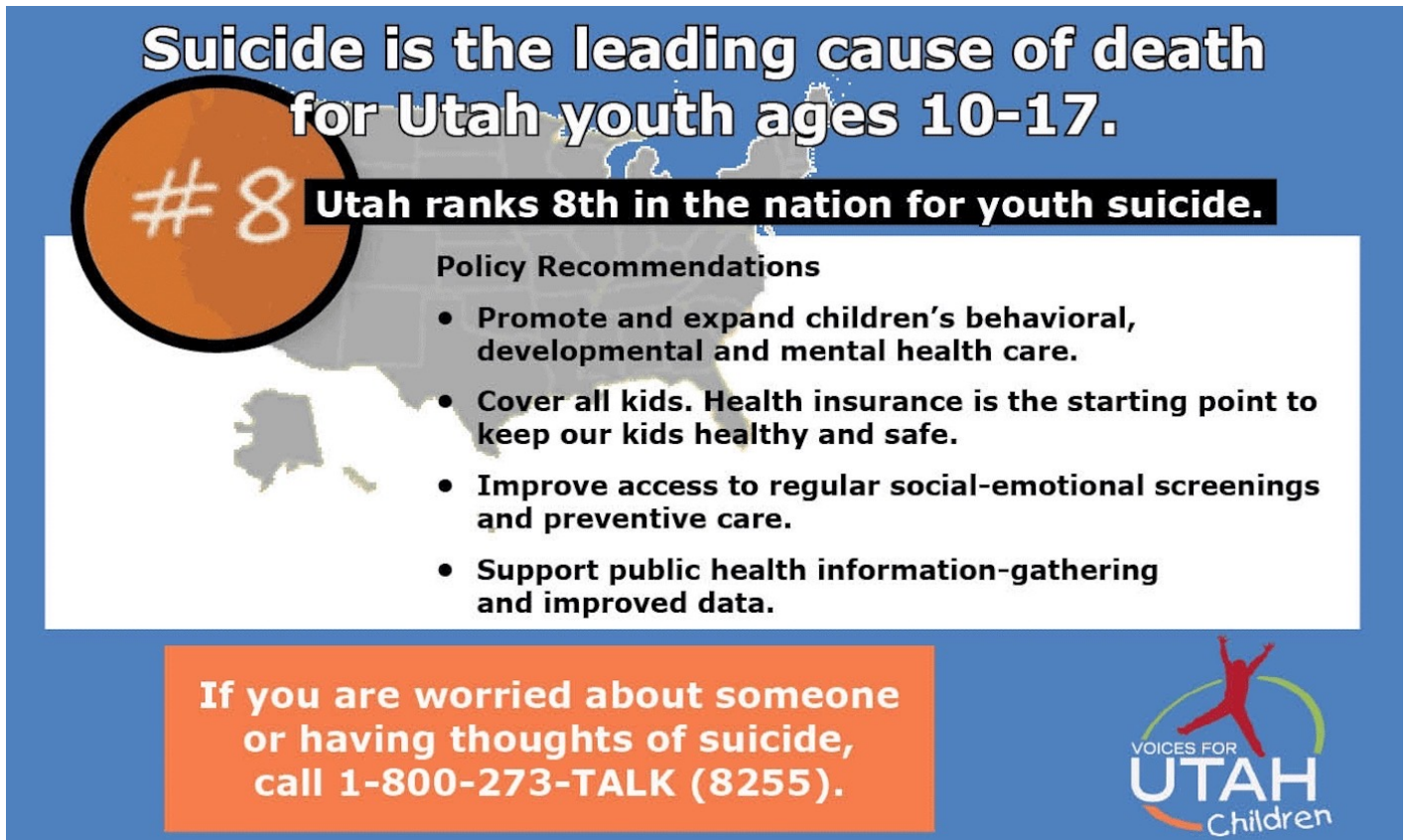


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Written by: Questions?



The infographic features a blue background with a map of Utah. A large orange circle with the number '#8' is positioned on the left. The main headline is in white text on a blue background. Below the headline, a black box contains the text 'Utah ranks 8th in the nation for youth suicide.' To the right of this box, a white box lists four policy recommendations. At the bottom left, an orange box contains a call to action. At the bottom right is the logo for 'VOICES FOR UTAH Children'.

Suicide is the leading cause of death for Utah youth ages 10-17.

#8 Utah ranks 8th in the nation for youth suicide.

Policy Recommendations

- Promote and expand children's behavioral, developmental and mental health care.
- Cover all kids. Health insurance is the starting point to keep our kids healthy and safe.
- Improve access to regular social-emotional screenings and preventive care.
- Support public health information-gathering and improved data.

If you are worried about someone or having thoughts of suicide, call 1-800-273-TALK (8255).

VOICES FOR UTAH Children

For more details about the youth suicide problem in Utah and possible policy solutions, see [Teen Suicide Rates in Utah](#).

The [National Suicide Prevention Lifeline](#) offers these suggestions for individuals to help prevent suicide among their own family and friends:

BE THE **1** TO...

ASK.

Don't be afraid to ask the tough question.
When somebody you know is in emotional pain, ask
them directly:

"Are you thinking about killing yourself?"

Encourage them to be honest, and remind them that
you'll be there for them no matter what the answer.

Step One

The Lifeline | suicidepreventionlifeline.org

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BE THE **1** TO...

BE THERE.

If your friend is thinking about suicide, let them know you're there for them – whether it's an ear they need, or even just your presence sitting next to them. **Listen to their reasons** for feeling in pain and feeling hopeless, without judgment, and with compassion and empathy. **Tell them how much you care about them**, how losing them would hurt you, and how you will **be there** for them.

Step Two

The Lifeline | suicidepreventionlifeline.org

BE THE **1** TO...

KEEP THEM SAFE.

If your friend **is** thinking about suicide,
ask them if they've also thought about how they
would do it.

Ask them if you can hold on to or separate them
from anything they are thinking of using to hurt
themselves in order to keep them safe.

Step Three

The Lifeline | suicidepreventionlifeline.org

BE THE **1** TO...

HELP THEM STAY CONNECTED.

Ask them if there is anyone else they'd feel comfortable talking to during a crisis: whether it's **800273TALK**, their family, friends, clergy, or therapist.

Help them create a list of other helpful resources they can turn to the next time they are feeling down. Be sure to include a safety plan!

Step Four

The Lifeline | suicidepreventionlifeline.org

BE THE **1** TO...

FOLLOW-UP.

Research from around the world shows that making contact with a friend in the days and weeks after a crisis can make a **difference** in keeping them alive until they get through this painful time, and/or get more help. **Set up some times to check in with the person you care about** on a regular basis until it is clear they are feeling better.

Step Five

The Lifeline | suicidepreventionlifeline.org

Call 1-800-273-TALK (8255)



It's Suicide Prevention Week

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For 30 years now, Voices for Utah Children has called on our state, federal and local leaders to put children's needs first. But the work is not done. The children of 30 years ago now have children of their own. Too many of these children are growing up in poverty, without access to healthcare or quality educational opportunities.

How can you be involved?

[Make a tax-deductible donation](#) to Voices for Utah Children—or [join our Network](#) with a monthly donation of \$20 or more. Network membership includes complimentary admission to Network events with food, socializing, and opportunity to meet child advocacy experts. And don't forget to [join our listserv](#) to stay informed!

We look forward to the future of Voices for Utah Children and we hope you will be a part of our next 30 years.

Special thanks to American Express for sponsoring our 30th Anniversary Year.

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