

A Friend Asks App

There is a “Silent Epidemic” sweeping through our nation. It knows no social, racial or economic barriers. This “Silent Epidemic” is youth suicide! Suicide claims an average of more than 115 young lives each week in our nation.

Would you know how to help a friend who is contemplating suicide?

A **FRIEND**, especially an **INFORMED FRIEND**, can help make a difference to someone who may be struggling with thoughts of suicide.

A FRIEND ASKS is a free smart-phone app to help provide the information, tools, and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.

WARNING SIGNS, HOW TO HELP A FRIEND, and other useful resources are provided. The **GET HELP NOW** button allows for instant connectivity to the National Suicide Prevention Lifeline. All of these features are available on this free downloadable app.

If you are in an immediate crisis, call 911. Call the National Suicide Prevention Lifeline (anytime 24/7 at 1-800-273-8255) or use the **GET HELP NOW** button on the app if you, or a friend, need to talk with a counselor for help or resources available in your area.

Suicide is not only a leading cause of death for our youth, it is a leading cause of **PREVENTABLE** death!



For middle and high school age youth (ages 12-18), suicide is the **SECOND** leading cause of death. (CDC WISQARS)

For college age youth (ages 18-22), suicide is the **SECOND** leading cause of death. (CDC WISQARS)

Over-all, suicide is the **SECOND** leading cause of death for our youth ages 10-24. (CDC WISQARS)

Nationally, over **ONE** out of **SIX** young people “seriously considered suicide” in the past **TWELVE** months. (CDC YRBS)

FOUR out of **FIVE** young people who will attempt suicide will give clear **WARNING SIGNS**.

Youth Suicide has been declared a **NATIONAL HEALTH ISSUE** by the U. S. Surgeon General’s office.

Download **A FRIEND ASKS** app and keep on your smart-phone as a ready resource. Search “Jason Foundation” for the free app on the Apple App Store and Google Play.

