



recognizing depression ● preventing suicide

## DID YOU KNOW?

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- One in five high school students seriously considers suicide, **the leading cause of preventable death** for Ohio teens.
- Suicide rates for children ages 10-14 **have risen 136%** since 2010. (Centers for Disease Control 2015 Survey Results)
- Four out of five teens who attempt suicide **give clear warning signs.**
- Depression that is undiagnosed or untreated is the **#1 cause of suicide.**
- According to the National Institute of Mental Health, people with depression **respond favorably to treatment 80% of the time.**
- Last year, LifeAct instructors delivered its lifesaving program to 25,000 middle and high school students, of which **2,131 came forward asking for help.**
- LifeAct teaches students to be the first line of defense in **preventing suicide.**
- Since 2001, LifeAct has presented in-school programs in **278** schools and educated more than **200,000** students at **no charge to the schools.**

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*Thank you for supporting LifeAct in our mission to educate students to recognize depression and prevent suicide.*



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[www.lifeact.org](http://www.lifeact.org)

**QUESTIONS? NEED HELP?**

Call 844.60.4LIFE  
Text 741741

**IMMEDIATE DANGER?**

Call 911

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