The Facts:

Suicide is the #1 cause of death for children and teens ages 10-19, after accidents*

147%
Suicide rates for children ages 10-14 have risen 147% since 2010*

20%
In Cleveland, Ohio more than 20% of high school students have reported making a suicide attempt*

4 out of 5 teens who attempt suicide give clear warning signs

Depression that is untreated, undiagnosed, or ineffectively treated is the #1 cause of suicide

LifeAct:
- Facilitates an open discussion with teens who suffer from depression or have thoughts of suicide
- Draws out teens who are struggling with depression and immediately connects them with the proper professionals
- Reduces the stigma associated with mental illness by educating teens and others that depression is a treatable medical condition

80%
People with depression respond favorably to treatment 80% of the time and almost all get relief from their symptoms. But first, depression has to be recognized.

LifeAct works as a conduit to complete the circle of care. At-risk teens are identified at an early stage, directed to assessment professionals, and if needed, treated by medical experts where follow-up care is established.

LifeAct’s high school program, Recognizing Teen Depression and Preventing Suicide, is designed to illustrate to students the warning signs of clinical depression or mental illness in themselves or in others. Our middle school program, UROK™, focuses on the specific, age-appropriate influences that create the greatest stress on middle school students and can become the drivers of depression. Last year 2,500 students came forward to LifeAct instructors seeking help for themselves, a friend or a family member.

GET INVOLVED
www.lifeact.org

YOUTH ADVISORY BOARD
Our Youth Advisory Board supports LifeAct in its important suicide prevention work by serving as teen advisors and ambassadors for LifeAct.

LINKS FOR LIFE™ GOLF TOURNAMENT
Links for Life Annual Golf Tournament, voted “Best Golf Outing in Cleveland” by Cleveland Business Connects three years in a row, takes place on one of Northeast Ohio’s most challenging and top rated golf courses - Kirtland Country Club.

INTO THE LIGHT™ WALK
Our Into the Light Walk™ shines a light on depression awareness and suicide prevention. This motivational event provides an opportunity for teens, sufferers of depression, and survivors of suicide to experience learning and healing in a community setting. Many students attend and create teams to learn how to help others with this national epidemic.

SUPPORT LIFEACT
Since 2000, we have delivered our suicide prevention programs to more than 250,000 teens. With your support we can continue our lifesaving efforts. Learn how you can sponsor a student, classroom or school. Call 216-464-3471.
It’s About Life

LifeAct’s mission is to prevent suicide by teaching young people to recognize the warning signs of depression and to come forward seeking help for themselves or others. This early identification helps to initiate the first step in getting assistance – connecting those students with the appropriate professionals with our partners at University Hospitals Rainbow Babies & Children’s Hospital and FrontLine Service. Last year, our programs were taught in 198 schools, 1,279 classrooms and benefited nearly 30,000 students.

www.lifeact.org

Questions?
Worried about someone?
Contact FrontLine
844-604-LIFE or TEXT 741741
Immediate Danger Call 911