



SARASOTA GOES YELLOW

September is Youth Suicide Prevention Month

The month of September is a time for the country to acknowledge those affected by suicide, raise awareness, and connect individuals to appropriate professional help. The stigma surrounding suicide makes it difficult, especially for our youth, to talk about it with someone they trust. Let's promote the conversation around suicide and be **STIGMA STOMPERS!!!** Show your support in stomping out the stigma by wearing **YELLOW** on Fridays!

We can all benefit from honest conversations about mental health and suicide. Just one conversation can change a life.

FACT: SUICIDE IS THE
2ND LEADING CAUSE
OF DEATH FOR AGES
10-14 & 3RD FOR AGES
15-24

HOW TO GET HELP:
DIAL 988 (SUICIDE &
CRISIS LIFELINE).
FREE 24/7 SUPPORT
TO PEOPLE IN CRISIS.

TEXT "HERE4U" TO
741741 TO START A
CONVERSTATION
WITH TRAINED
CRISIS COUNSELORS

FOR IMMEDIATE
EMERGENCY
INTERVENTION,
CALL THE MOBILE
RESPONSE TEAM
(MRT) AT 941-364-
9355

HOW YOU CAN HELP:
LISTEN, SPREAD
AWARENESS, SHARE
STORIES OF
RESILIENCY