

## “Just Talk About It” - *created by CONTACT*

This suicide prevention toolkit is designed to train both adults and youth on how to assist adolescents who exhibit signs of suicide ideation. “Just Talk About It” has been approved by the Best Practices National Registry, Section III: Adherence to Standards, which is required training in many states.

The interactive presentation is designed to promote factual knowledge, encourage discussion, and ease communication. The information enlightens teachers, parents, and students to the warning signs of mental health issues in adolescents and teens.

### Why it Matters

Research studies have demonstrated that over 90% of people that die from suicide have one or more psychiatric disorders at the time of their death. Suicide is the second leading cause of death of individuals between the ages of 14 to 23, and the sixth leading cause of death for children 5 to 14 years old. It is thought that at least 25 attempts are made for every completed teen suicide.

Suicide ideation is treatable when the warning signs and symptoms are recognized and addressed.

### How it is Effective

The primary goal of the awareness process is to increase the knowledge about anxiety, depression, and suicide while increasing the number of times a student self-reports and engages in help-seeking behavior.

#### **At the completion of the training program, individuals are able to identify the following:**

- What a crisis is
- How stress affects a teenager
- Symptoms of depression
- Warning signs most often associated with suicide
- How to help a student and/or friend

After identifying an adolescent who is at risk for suicide, trained adults or students are able to approach and question the individual about his or her condition and encourage him or her to seek help. Following the adolescent’s acceptance of help, the trained individual is able to take the proper measures to refer the person for treatment and/or to the appropriate trained adult, counselor, or teacher.

This program is regularly presented during teacher in-service days, at educational conferences, and to Parent Teacher Organizations. Minding Your Mind is able to tailor the program presentation for specific age levels, from middle school through college-level students.

Select Minding Your Mind Staff are certified to facilitate the “Just Talk About It” toolkit.

Suggested Donation: \$500

[To book a "Just Talk About It" Presentation, click here.](#)