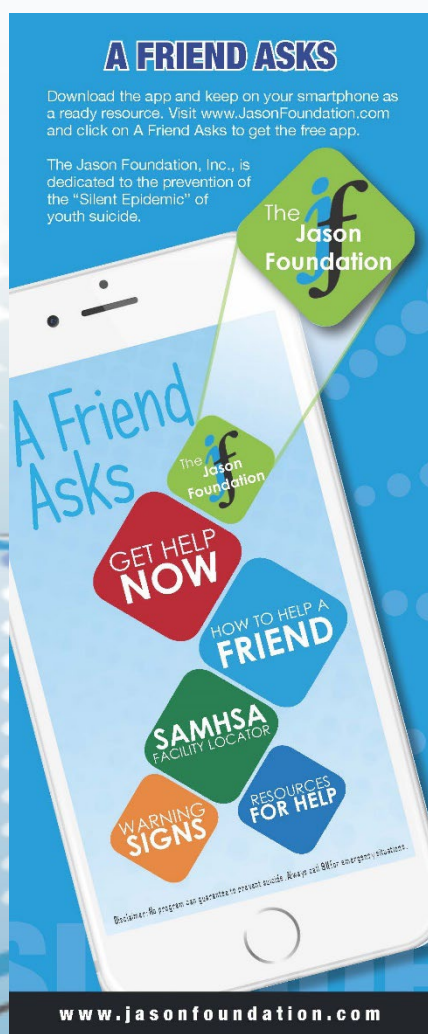


Coaches are in a unique position to have a far-reaching impact on student-athletes. “A Friend Asks” app provides coaches with a free tool that can be utilized with student-athletes. The app connects to The Jason Foundation website, Suicide & Crisis Lifeline, how to help a friend, warning signs, and resources for help. Encourage student-athletes to download the app today to help a friend tomorrow.



**“A FRIEND ASKS” APP**  
Make a Difference and DOWNLOAD the APP “A Friend Asks”

**FACTS:**

- 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 **THIRD** leading cause of death, (CDC WISQARS)
- Overall, suicide is the **THIRD** leading cause of death for our youth ages 10-24, (CDC WISQARS)
- Suicide claims an average of more than 125 young lives each week in our nation.

**“A Friend Asks” APP**  
A free smartphone app to help provide the information, tools, and resources to help a friend (or yourself) who may be struggling with thoughts of suicide.

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

The “A Friend Asks” app contains the following information:

- Warning signs of suicidal ideation
- How to help a friend
- Resources for help
- How to get help now
- What to do and what not to do
- The B1 program

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

**The Jason Foundation, Inc.**

[www.jasonfoundation.com](http://www.jasonfoundation.com)