

Coaches can be a key resource providing educational opportunities about mental health and suicidal ideation for parents and student-athletes. The Parent Resource Program is a great tool that can assist coaches' efforts educating parents about the "Silent Epidemic" of youth suicide. Preparing parents to recognize changed behavior in their child and how to respond is key to saving lives.

Also, a link may be placed on the school or athletic website for a continuing resource.



Suicide Prevention Begins With Awareness and Education

Youth Suicide is a major health problem facing the youth in our nation, state and communities. Yet, most people are unaware of the danger suicide presents for our young people. The Parent Resource Program (PRP) is a web-based program designed specifically for parents; however, the information provided is an excellent resource for educators, coaches, youth workers, other adults, and young people. The Jason Foundation (JF) believes that awareness and education are key elements to preventing youth suicide. The main focus of the PRP is to provide information that will assist parents to recognize changes in behaviors that may indicate suicidal thoughts and know what to do to help an at-risk child. The PRP provides:

- Youth Suicide Statistics
- Common Suicide Myths
- Signs of Concern
- Higher Risk Groups
- Risk Factors & Elevated Risk Factors
- What A Parent Can Do
- Do's and Don'ts
- Resources for Assistance
- Parent and Community Seminar

For more information, please visit the Parent Resource Program website:

prp.jasonfoundation.com

This website is to be used for educational and information purposes only. It is NOT a crisis intervention service.



The Jason Foundation, Inc. (JF) is a non-profit organization dedicated to the prevention of the "Silent Epidemic" of youth suicide through educational and awareness programs that equip young people, educators/youth workers and parents with the tools and resources to help identify and assist at-risk youth.

DID YOU KNOW?

- Suicide is the 2nd leading cause of death for young people, ages 10-24 (CDC WISQARS)
- Suicide is the 2nd leading cause of death for ages 12-18. (CDC WISQARS)
- Suicide is the 3rd leading cause of death for college-aged youth. (CDC WISQARS)

The Parent Resource Program is provided at no cost. If interested, a button or link to the PRP can be added to your school's or agency's websites. For more information please contact The Jason Foundation at: **1-888-881-2323** or contact@jasonfoundation.com.

