



## IS TEEN SUICIDE REALLY A PROBLEM?

According to the Center for Disease Control and Prevention, walk into any US high school class of 30 students and chances are that over the past 12 months:

- 8 of the teens will have experienced extended feelings of hopelessness;
- 4 will have thought seriously about suicide;
- 3 will have made a suicide plan; and
- 2 will have attempted suicide.

## THE GOOD NEWS!

Early detection and treatment can make all the difference. Research shows:

- 80 percent of those that seek treatment for depression are successfully treated.
- The combination of anti-depressant medication and talk therapy can prevent suicide.
- Educating teens makes them more attentive to noticing changes in behavior and mood in both themselves and their friends.

**"Providing education and support for teens going through trying times is one of the most important actions a family member, friend or community member can take."** *(National Alliance on Mental Illness, 2011)*



**WE RELY UPON THE GENEROSITY OF PRIVATE DONORS AND FOUNDATIONS TO FUND OUR LIFESAVING WORK.**

Please help us save young lives.  
Donate today at **216.464.3471**  
or [helppreventssuicide.org](http://helppreventssuicide.org).



Suicide Prevention Education Alliance

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[helppreventssuicide.org](http://helppreventssuicide.org)  
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**...Suicide Prevention, for Life!**

We prevent suicide by teaching young people to recognize the warning signs of suicide and to seek professional help for themselves and others.

**IN CRISIS 1.800.273.TALK (8255)**

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## OUR MISSION

### **SPEA saves young lives.**

We teach teens to recognize the warning signs of suicide - and to encourage those at risk to seek help from a mental health professional.

In most cases, the depression that so often precedes suicide is both recognizable and treatable. **Suicide is our most preventable form of death, according to David Satcher, MD, former Surgeon General of the United States. Yet, in the United States, suicide is the third leading cause of death for young people 15-24 years old.**

Our innovative, evidence-based school programs are effective. At-risk youth seek treatment early – thereby preventing suicide and enabling recovery, allowing young people to live healthy, productive lives.

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## OUR HISTORY

Lyman H (Tim) Treadway founded SPEA in 1992 after the loss of his son to suicide.

Mr Treadway recognized a critical need to educate youth and gatekeepers about depression and its role in suicidal ideation and behavior. He assembled expert Boards of Scientific Advisors and Trustees. After training more than 5,000 professionals in youth suicide prevention, the organization designed a classroom program to educate teens.



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## OUR SIGNATURE PROGRAM

SPEA's signature program, Recognizing Teen Depression and Preventing Suicide, has been taught to more than 100,000 students in 140 NE Ohio schools and community organizations.

Students learn to identify friends who may be suffering from major depression and/or may be at risk of suicide; how to respond; and where to refer. Additionally, students are encouraged to self-identify, which they often do. Evidence-based research validates our program's success.

SPEA teaches skills which enable teens to be the "first line of defense" in preventing suicide - skills they can use throughout their lives.

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## WE ARE EMBRACING TECHNOLOGY TO SPREAD OUR MESSAGE

- Our passionate instructors engage students with our proven, interactive two-day program in more than 120 schools.
  - Our distance learning seminar reaches online students and additional classrooms.
  - Our Youth Advisory Board uses social media to engage teens in our lifesaving work.
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## AND STUDENTS UNDERSTAND THE IMPORTANCE

As Henry wrote, "Thank you for coming and talking about depression and suicide. It means a lot to this school seeing as this past year a student died by suicide. That affected quite a few of my fellow students. That was very hard but now we know all the warning signs of depression and suicide. Hopefully, we can prevent it in the future."

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## TESTIMONIALS

"The high school program developed by SPEA is an outstanding one. The content of the program is marvelous. It is factually based, interactive, and jargon-free. This work is extremely important. The high school program will surely have a positive benefit to the schools where it is run."

### **Robert L Findling, MD**

Director, Child & Adolescent Psychiatry  
University Hospitals Case Medical Center  
Member of SPEA's Scientific Advisory Board

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"I have been very pleased with the number of students who have sought out adult help for a fellow student... I see the SPEA program as one of the lifelines we throw our students who are depressed or may suffer from depression sometime in the future."

### **Kevin Ontko**

Theology Teacher and Director of Campus Ministry  
Holy Name High School

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"I am proud to say we have had four successful years with SPEA. Every speaker we have had has shown a tremendous amount of enthusiasm, knowledge, and desire to assist so many students who might be at risk with depression and/or suicide. I know that this program has saved at least 14 lives. The impact of SPEA has been tremendous."

### **Daniel J Barringer**

Health Educator  
Max S Hayes High School

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**In almost every classroom, at-risk students reach out to our instructors to ask for help.**

**IN CRISIS 1.800.273.TALK (8255)**