

CARD FOR COACHES

>> Be a "Life Teammate"

Remind your players that as "Life Teammates," they:

- Are always there for each other, on and off the field.
- Need to look out for each other and pick each other up.
- Must make sure their Life Teammates know they care. Say, "Love Ya Man!"

Youth in your community may be participating in the SOS Signs of Suicide® Prevention Program. This program teaches teens to use the ACT® technique to help each other:

- **Acknowledge** that you are seeing signs of depression, self-injury, or suicide in a friend.
- **Care** – Let your friend know that you care about him or her, and that you are concerned that he or she needs help you cannot provide.
- **Tell** a trusted adult, either with your friend or on his or her behalf. As a coach, you are a trusted adult for your players. In fact, after parents, coaches are identified as the first adult kids turn to. Capitalize on this opportunity to increase their "will to live."

» COACH, DID YOU KNOW?

- › Depression and suicide are serious issues among young people.
- › Teens are more likely to confide in each other than an adult.

The special bond between teammates lasts a lifetime and it's one of the great gifts that sports gives to our kids. This is the focus of the Will To Live Foundation's® Life Teammates® program.



ACT NOW!

Acknowledge: Take it seriously, and listen.

Care: Take the initiative, and voice your concern.

Treatment: Get professional help immediately.

If someone texts, Tweets, or posts on Facebook about contemplating suicide, **ACT** now, even if that person might feel like you are betraying them.

For more information on the warning signs of suicide and what you can do to help, visit <http://stopasuicide.org/>.



The Will To Live Foundation is a non-profit public charity dedicated to Increasing Love, Hope & The "Will To Live" of Teens Everywhere.
www.will-to-live.org • For the Kids, Through the Kids, By the Kids

Screening for Mental Health, Inc.[®] (SMH) is dedicated to promoting the improvement of mental health by providing the public with education, screening, and treatment resources.

The SOS Signs of Suicide[®] Prevention Program is an award-winning, nationally recognized program designed for middle and high school-age students. It teaches students how to recognize the signs of suicide and symptoms of depression in themselves or their friends, and encourages help-seeking through the use of the ACT[®] technique.

For more information visit: www.mentalhealthscreening.org



The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.

For more information visit:
1-800-273-TALK (8255)

www.suicidepreventionlifeline.org