

YOUTH SUICIDE PREVENTION

**Children and teens worry. A lot.
Sometimes it gets so bad they want to end their lives.**

Here are some contributing factors:

- A recent or serious loss, including a breakup, parent divorce or death of a loved one.
- Lack of social support from friends or family.
- Being a victim of in-person or cyber-bullying, racism, sexual or physical assault.
- A family history of suicide, mental illness, addiction disorder or abuse.
- Struggling with sexual orientation.
- Societal, cultural or religious stigma related to asking for help.
- Access to lethal means.

DCF's Children's System of Care can help any struggling youth receive:

- **crisis stabilization**
- **individualized care planning**
- **in-home, in-community and out-of-home supports**

If your child needs help, Don't wait!

Call:

NJ HOPE LINE at 1-855-654-6735

Children's System of Care at 1-877-652-7624.

