



Behavioral Research and Training Institute
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Statement for Social Media Sites

Dear Teens

Having a friend or peer die by suicide can be a very difficult thing for anyone to process. Many teens are reluctant to reach out for help when they are dealing with difficult emotional issues including grief, and they try to get through it alone. This is not always the best or safest way. We want to remind teens that in addition to turning to friends for support, there are caring, trusted adults who can also help them cope during difficult times.

Since teens and young adults use social media for information and communication, we would like to suggest that you and your friends post the following on your Facebook wall or other social media sites such as Twitter or Tumblr.

_____s's death is so sad and such a shock to us all. Suicide can best be prevented through treatment and support. You can honor _____ by seeking help if you or someone you know is struggling. If you're feeling lost, desperate, or alone- please call one of the helplines listed below. The call is free and confidential, and really caring people are available 24/7 to help. You are not alone. Please reach out. Please re-post or re-tweet this so others who may be struggling know where to go for help.

- **2ND Floor – NJ's 24/7 Helpline for Teens and Young Adults – 888-222-2228 or email them at info@2ndfloor.org (www.2ndfloor.org)**
- **The NJ Hopeline – 24/7 Hotline for all ages.- 855-654-6735**
- **National Suicide Prevention Lifeline – 24/7 Hotline for all ages. 1-800-273-TALK (8255)**
- **Two other great web resources for information and inspirational stories of hope, help and strength and overcoming difficult times are [Reach Out.com](http://ReachOut.com) and Jerseyvoice.net**

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