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Statement for Social Media Sites *A Script for Teens*

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

If you are planning on posting something on social media regarding the loss of your friend, please consider posting the following statement that can help others who are struggling to get the support that they need.

***(Insert name)*'s death is so sad and shocking. Suicide can best be prevented through treatment and support. You can honor *(insert name)* by seeking help if you or someone you know is struggling. If you're feeling lost, desperate, or alone, please reach out to a trusted adult or reach out to one of the resources below. The resources are free and confidential, and caring people are available 24/7 to help. You are not alone. Please reach out.**

- **Crisis Text Line:** Text HOME to 741-741
- **988 Suicide & Crisis Lifeline:** Call or text 988. Chat available at 988lifeline.org
- **2NDFLOOR:** The Youth Helpline of New Jersey. Call or text 888-222-2228
- **The Trevor Project:** Text START to 678-678 or call 1-866-488-7386
- **Prevent Suicide New Jersey:** Resources are available at preventsuicidenj.org