

# 14 Reasons Why We Care

YOU are valuable; our community is incomplete without you

YOU are needed and loved

YOU are IRREPLACEABLE

YOU have a future and the power to change

YOU are not a mistake; YOUR life has purpose

YOU have a voice and it matters

YOU are more than what has happened to you

YOU are UNIQUE and have a special gift to give to the world

YOU can use your unique story to EMPOWER others

YOU are enough exactly the way you are

YOU have a future to create beyond your present

YOU have the power to make positive change

YOU can reach out; there are people who want to help you

YOUR feelings are real; YOU can overcome

Collaborative effort between: San Angelo ISD, Grape Creek ISD, House of Faith, West Texas Counseling, Open Arms, Safe Kids, ADACCV, YMCA, Celebrate Recovery, Juvenile Justice Center, Kids Eat, & local youth pastors.

## Suicide Warning signs:

- Suicidal threats in the form of direct (“I am going to kill myself....”) and indirect (“I wish I could fall asleep and never wake up again”) statements
- Suicide notes and plans (including online post)
- Making final arrangements (giving things away that are important to the person)
- Preoccupation with death
- Changes in behavior, appearance, thoughts, and/or feelings
- Emotional distress

## What to do:

- Remain calm
- Ask the youth directly if he/she is thinking about suicide
- Focus on your concerns for the well-being and avoid accusatory remarks
- Listen
- Reassure them that there is help
- Do not judge
- Provide constant supervision
- Remove means of self-harm
- Get help

## Resources:

1-800-273-TALK (8255) or Text “Start” to 741741

Church youth pastors

House of Faith personnel: 325-486-8637, 321 Montecito Dr

Sheriff: 325-655-8111 or Police: 325-657-4315 or 911

MHMR: 325-653-5933 or 1-800-357-8965

Alcohol and Drug Abuse Council for the Concho Valley: 325-224-3481

River Crest Hospital (24/7 Free Assessment): 325-949-5722 or 800-777-5722

Celebrate Recovery (Paul Ann Church): 325-655-7552

West Texas Guidance and Counseling (sliding scale payments): 325-944-2561

Open Arms RCC & LGBT Services: 325-655-2000 or 325-658-8888 (HOTLINE)

San Angelo ISD Counseling Department: 325-947-3838 ext.538