

# UP FOR A CHALLENGE?

1. The unfortunate news is that suicide is the 2nd leading cause of death in our nation for ages 10-24.
2. Would you know how to respond if you recognized someone you know may be thinking about suicide?
3. We challenge anyone and everyone to raise a national conversation about the "Silent Epidemic" of youth suicide.
4. Visit [iwontbesilent.com](http://iwontbesilent.com) or [wewontbesilent.com](http://wewontbesilent.com) and learn the warning signs.
5. Challenge at least 3 people you know to join you in learning them as well, then have them challenge 3 people too, and so on!
6. Use **#IWONTBESILENT** or **#WEWONTBESILENT** on all of your social media accounts.
7. Change your social media profile picture to one of you holding a **#IWONTBESILENT** or **#WEWONTBESILENT** sign. You can make one with our online generator.
8. Suicide is **PREVENTABLE!** With your help, we can save more lives.



**#IWONTBESILENT**  
RAISING THE NATIONAL CONVERSATION ON YOUTH SUICIDE PREVENTION

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Visit [www.iwontbesilent.com](http://www.iwontbesilent.com) or [www.wewontbesilent.com](http://www.wewontbesilent.com) for more information.