



SUICIDE AWARENESS AND PREVENTION



Suicide prevention starts with connection, honest conversations, and knowing that support is available. Everyone faces challenges, and reaching out for help isn't a sign of weakness – it's a sign of strength. You don't have to wait until things feel overwhelming to talk to someone you trust.

According to the 2026 Georgia School Climate Survey, over 12,000 high school students (about 3%) reported seriously considering or attempting suicide in the past year. In addition, over 68,900 students (18%) chose not to answer that question, highlighting the importance of creating safe, supportive spaces where young people can talk openly about mental health and seek help when they need it.

Whether you're looking for support for yourself, worried about a friend, or want to learn how to help someone else, there are people who care and resources that can help. Listening without judgment, staying connected, and encouraging someone to seek support can make a difference.

You are not alone, and your life matters. If you or a friend need immediate support, call or text 988 to connect with a trained counselor 24/7.



RESOURCES:

988 SUICIDE & CRISIS
LIFELINE

Use the **988 Suicide & Crisis Lifeline** to call, text, or chat with a trained crisis counselor 24/7. You can reach out for yourself or if you're worried about someone else.

Visit **Seize the**

SEIZE THE AWKWARD

Awkward for tools to recognize when a friend may be struggling and learn how to start a conversation about mental health.



American
Foundation
for Suicide
Prevention

Explore the **American Foundation for Suicide Prevention (AFSP)** for information about suicide prevention, & supporting a friend or family member, finding mental health support, and navigating difficult moments.

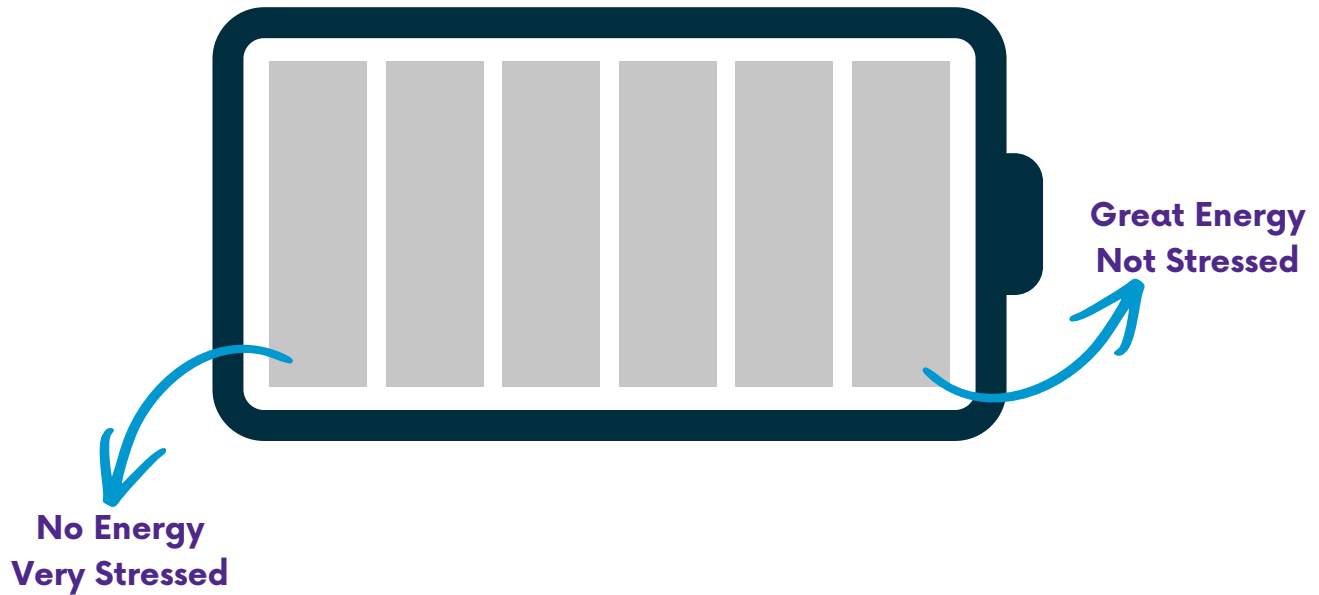
Connect with **Teen Line** to find a space where young people can connect with trained teen listeners who understand the challenges of growing up and navigating difficult emotions.

**TEEN
LINE**
A program of DIDI HIRSCH

ACTIVITY:

How full is your battery today?

Color in this battery to show your current energy or stress level.



Now, it's time to check in with yourself!

What is helping recharge my battery? (examples: friends, music, sports, sleep, hobbies, pets)

What is draining it? (examples: school stress, conflict, social media, lack of sleep)

What's one thing I can do today to take care of myself? (examples: take a walk, text a friend, listen to music, talk to someone I trust)

Follow for more resources!
@freeyourfeelsga



"Free Your Feels" is a mental health awareness campaign encouraging Georgia's young people to explore their real **feelings** and **free** them fearlessly.

ACCESS MORE
RESOURCES AT
FREEYOURFEELS.ORG