



Warning signs of suicide can be organized around the word "FACTS"

Feelings
Actions
Changes
Threats
Situations

What you can do:

- Get help! Find a trusted adult and/or call the National Suicide Prevention Lifeline: 1-800-273-8255
- Remember, it's not your fault
- Don't judge, mock, lecture or put down
- Take it seriously – even if it doesn't seem serious to you
- Know your limitations – don't get over-involved

SHOP TO STOP SUICIDE!



ALEX AND ANI[®]
(+) ENERGY

CHARITY[®]
BY
DESIGN



12 Broad St, Red Bank, NJ 07701

****Lite Bites and (+) energy punch will be served!****

On this day only, Alex and Ani will be donating 15% of event sales to SPTS in order to help our mission

ONE DAY ONLY!
Sept 24, 2015
6-9 PM

Founded a decade ago and based in Monmouth County, SPTS provides important teen suicide prevention resources and training to individuals, families, and communities across the country. The mission of the Society for the Prevention of Teen Suicide is to reduce the number of youth suicides and attempted suicides by encouraging overall public awareness through the development and promotion of educational training programs for teens, parents, and educators.