



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

**F**eelings  
**A**ctions  
**C**hanges  
**T**hreats  
**S**ituations

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

# YOU CAN HELP JUST BY EATING!



**4745 U.S. 9, Howell NJ 07731 (732) 961-3090**

**ONE DAY  
ONLY!  
Sept 1, 2015**

**On this day only, 25% of all purchases made at OMGMYO Pizza will be donated to SPTS Inc. in order to help our mission**

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.