



On May 25, 2005, Amber Craig took her life. She was 14 years old. We lost a creative, beautiful, strong, loving, and yet deeply wounded young lady. She was an avid soccer goalkeeper for her club soccer team and her El Dorado High School Varsity Women's Soccer Team. We all wish we had known her pain. We all

wish she had taken advantage of the resources available to our community.

Through the shock of Amber's suicide a need a rose. While striving to understand the path that Amber chose, we all learned some startling statistics about youth/teen sui-



cide, With Hope, the Amber Craig Memorial Foundation was born with the desire that as a community we can help our youth/teens negotiate troubled times. With Hope is a nonprofit 501 (c)3 organization dedicated to suicide prevention and mental health education in our schools and throughout our communities. Additionally we provide support and resources to individuals who are in need of mental health services and to those who have lost a loved one to suicide.

Please consider a tax deductible donation to
With Hope Foundation



PO Box 550
Placentia, CA 92871

(714) 524-1996
Fax (714) 646-3675

Tax ID # 74-3151202



NEVER PROMISE TO KEEP THIS SECRET

Did you know...?

- ◆ Suicide is the 3rd leading cause of death for 15-24 year olds. *World Health Organization (WHO)*
- ◆ A person dies from suicide every 14.2 minutes in the U.S. *American Foundation for Suicide Prevention (AFSP)*
- ◆ Suicide is the 2nd leading cause of death for 18-24 year olds. *Center for Disease Control (CDC)*
- ◆ One out of five high school students will think about suicide. *U.S. Department of Health and Human Services*
- ◆ Depression is the leading cause of disability in the world. *WHO*
- ◆ Untreated depression is the #1 cause for suicide in the U.S. *AFSP*
- ◆ 3-5% (1 out of 25) of teens in the U.S. experience clinical depression every year. *National Institute of Mental Health.*
- ◆ More teenagers and young adults die from suicide each year than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia and influenza, and chronic lung disease combined. *National Alliance on Mental Illness*
- ◆ For every completed suicide there are 100-200 attempts made. *CDC*



What can we do??

With Hope Foundation is committed to supporting our local schools' efforts in suicide prevention through education. We have pledged to make available, at no cost to schools, speakers, materials and resources to effectively educate our community and youth in the following ways:

- ◆ **School Gatekeeper Training.** This type of program is directed at school staff (teachers, counselors, coaches, etc.) to help them identify students at risk of suicide and refer students for help.
- ◆ **Community Gatekeeper Training.** This type of gatekeeper program provides training to community members such as clergy, police, merchants, and recreation staff. This training is designed to help these people identify youth/teens at risk of suicide and refer them for help.
- ◆ **General Suicide Education.** These school-based programs provide students with facts about suicide, alert them to suicide warning signs, and provide them with information about how to seek help for themselves or for others. These programs often incorporate a variety of self-esteem or social competency development activities.

Resources for Help...

Remember if you or someone you know is feeling overwhelmed by life's challenges or is in crisis, confidential, objective support and help is a phone call away.

Hotlines...

National Suicide Hotline:

(800) 273-TALK (800-273-8255)
SUICIDE (800-784-2433)

Suicide Prevention Hotline:

(800) 448-4663

Boys Town

(800) 448-3000

TDD Line (800) 443-1833

The Hope Line:

(800) 394-HOPE (800-394-4673)

Cutting & Self-Injury

Safe Alternative Info & Referral Line

(800)DONTCUT (800-366-8288)

Online Help...

Teen Central:

www.teencentral.net

The Samaritans

www.samaritans.org

Teen Line:

www.teenline.org