

# Amber's Story



On May 25, 2005, Amber Craig died by suicide. She was 14 years old. We lost a creative, beautiful, strong and loving, 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.



@withhopefoundation



With Hope, the Amber Craig Memorial Foundation



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[www.withhopefoundation.org](http://www.withhopefoundation.org)

Tax ID # 74-3151202



Please consider making a tax-deductible donation to *With Hope Foundation.*



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**Dedicated to  
Suicide Prevention**



***Never Promise to  
Keep this Secret!***

[www.withhopefoundation.org](http://www.withhopefoundation.org)

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



*With Hope, the Amber Craig Memorial Foundation*, was born with the desire that as a community we can help our individuals 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.

To learn more go to  
[www.withhopefoundation.org](http://www.withhopefoundation.org)

?  
**DID  
YOU  
KNOW**

- Suicide is the 2nd leading cause of death for 10-34-year olds.  
*(Center for Disease Control (CDC))*
- A person dies by suicide every 11 minutes in the U.S.  
*(CDC)*
- 1 out of 5 high school students will think about suicide.  
*(CDC)*
- LGBTQ+ youth are 4 times more likely to make a medically serious suicide attempt than other young people.  
*(The Trevor Project)*
- Depression is the leading cause of disability in the world.  
*(World Health Organization)*
- 1 in 6 adolescents in the U.S. (age 12-17) experience a major depressive episode.  
*(NAMI)*
- 50% of all lifetime mental illnesses begin at age 14 and 75% by age 24.  
*(NAMI)*
- 59.6% of youth with major depression do not receive mental health treatment.  
*(Mental Health America)*
- Depression is among the most treatable of mental disorders.  
*(APA)*
- 80%-90% of people that seek treatment for depression are treated successfully using therapy and/or medication.  
*(APA)*

## Our Services

With Hope Foundation is committed to supporting our local schools' efforts in suicide prevention through education. We have pledged to make available 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, etc.) to help them identify students at risk of suicide and refer students for help.



### COMMUNITY GATEKEEPER TRAINING

This type of program provides training to community members such as clergy, police, merchants, and recreation staff. This training is designed to help these people identify individuals at risk of suicide and refer them for help.



### GENERAL SUICIDE EDUCATION

This type of program provides individuals 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.



**CRISIS TEXT LINE |**

**Text HELLO to 741741**  
Free, 24/7, Confidential



**Crisis Hotline: 1-866-488-7386**



**Substance Use Referral & Treatment Hotline:**  
1-800-662-HELP (4357)