

Suicide Prevention Spring Forum May 2017



Presented by:
The White Swan Dream Makers



Community needed
youth participation

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White Swan Dream Makers

A blue downward-pointing arrow indicating a flow from the second box to the third.

Dream Makers started by
community youth in 2010 to
make the community a
“better place” for all.

Project Goal:

Recognize when a friend is in trouble; Know what you can do to help; Know where to find that help.
knowing this could save a
life.

Why the concern

- Two Washington State Youth (10-24 years old) die by suicide each week.
- 1 of 5 youth seriously considers suicide.
- Suicide is the 2nd leading cause of death.
- 80% of people who die by suicide have given off clues or talked about suicide.



Signs & Symptoms of Depression

Anxiety or irritability

Changes in eating/sleeping habits

Physical complaints

Poor school performance

Drug or alcohol abuse

Moodiness, hopelessness,
withdrawal



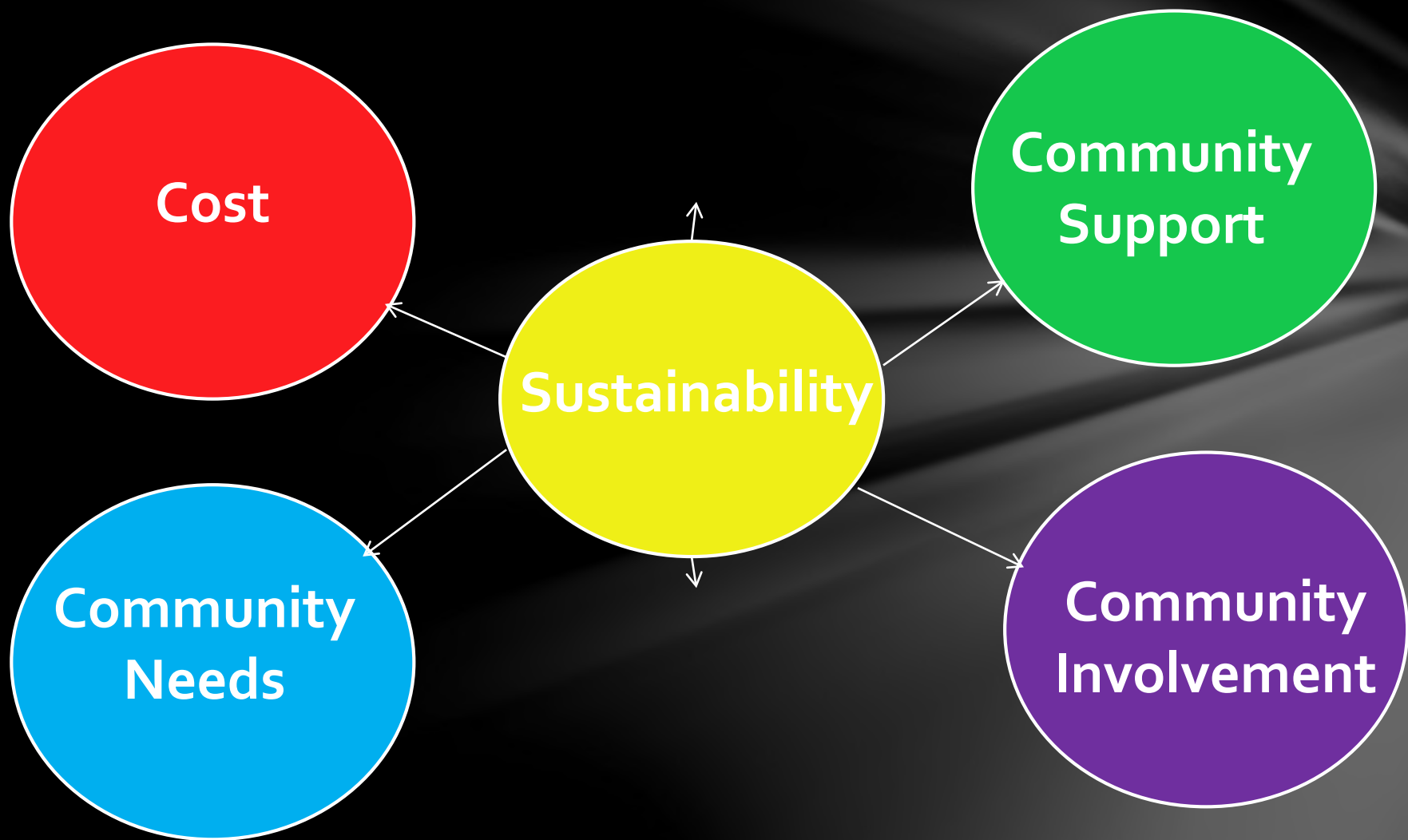
Benefits of Getting Help for Depression

Safe place to talk
Someone to listen
Learn coping skills
Get support



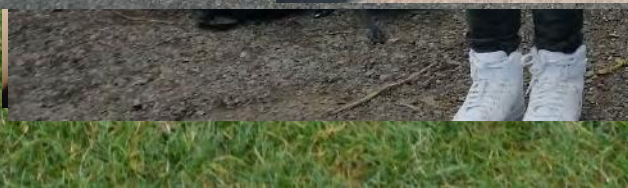
Collaboration



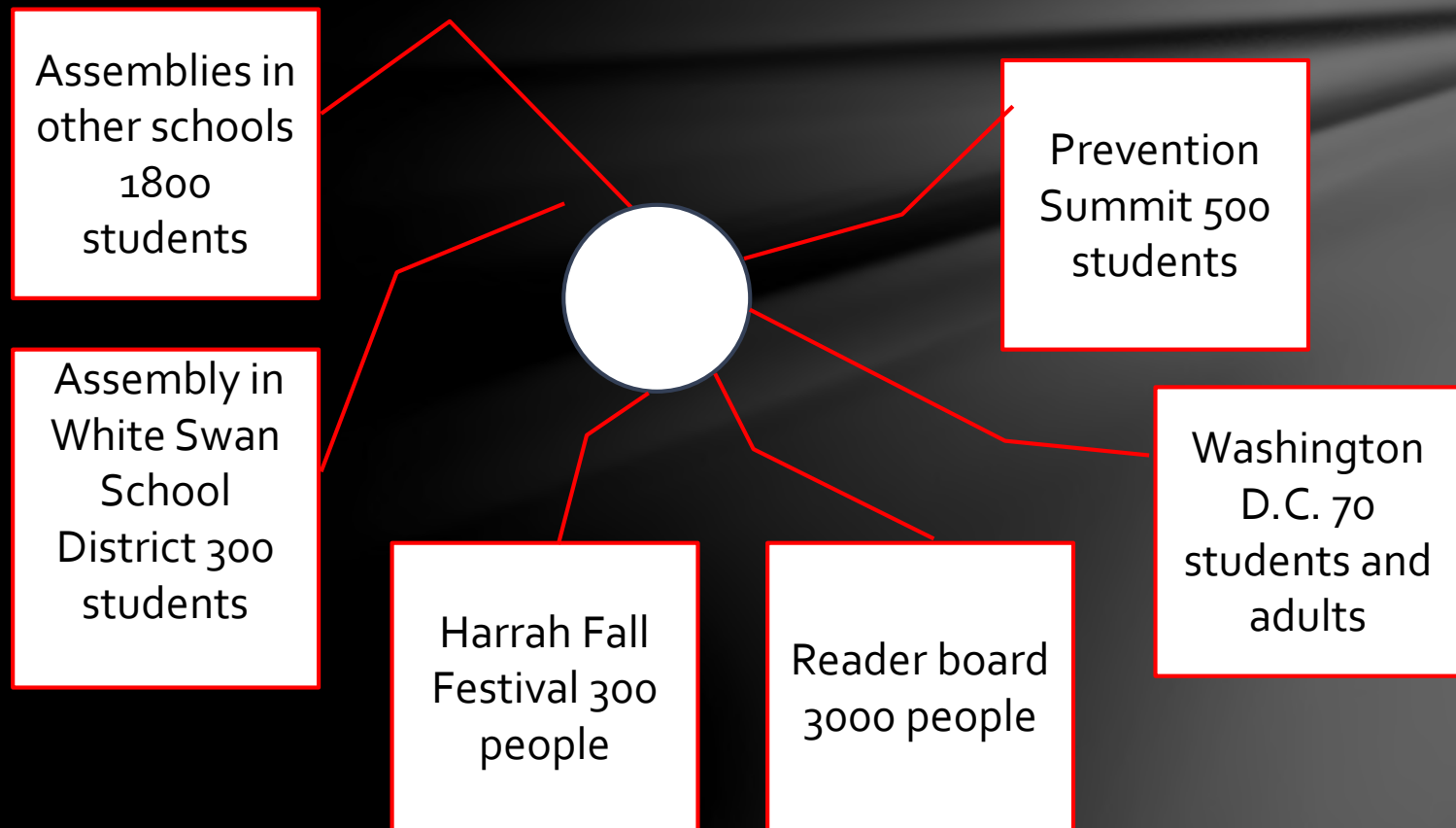


Suicide Prevention





IMPACT



You are safe with me we stand beside
you!





www.whiteswandreammakers.com



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