

# GET INVOLVED TO END YOUTH SUICIDE



This year, Monday 13 - Friday 17 February marks our End Youth Suicide Week, a campaign which encourages our community and young people to defy the stigma associated with mental health and to openly talk about suicide with their friends, families, and communities.

## Download free resources

You can download resources and assets including graphics and social media tiles on our website.

## Stay updated

Website: [youthinsearch.org.au/endyouthsuicide](https://youthinsearch.org.au/endyouthsuicide)

Facebook: [facebook.com/youth.insearch/](https://facebook.com/youth.insearch/)

Instagram: [@youthinsearch](https://@youthinsearch)

Youtube: [Youth Insearch](https://Youth Insearch)

If you are sharing sensitive or possibly triggering content, please remember to use a content or trigger warning on social media posts and stories.

## Suggested key messages to use in your posts

I am supporting the #endyouthsuicide campaign to raise awareness of youth suicide, the biggest cause of death of young Australians aged 15 to 24.

Youth Insearch has helped over 32,000 vulnerable youth turn their lives around, including thousands at risk of suicide.

Over 1 in 3 deaths of young people aged 14-25 are by suicide.

Find out how you can get involved - link in bio (or swipe up if it's a story).

Suicide disproportionately affects Indigenous, Aboriginal and Torres Strait Islander peoples, the LGBTQIA+ community, and young people living in rural and remote areas.

All communities have a vital role to help end youth suicide by encouraging young people to speak up and seek help. We need to come together now more than ever to help our young people.

It is time to end youth suicide.

Let's spread hope, one heart at a time

### About Youth Insearch

Youth Insearch is a not-for-profit organisation dedicated to helping young people overcome their trauma through peer group support. Founded in 1985, Youth Insearch has helped over 32,000 vulnerable youth turn their lives around, including thousands at risk of suicide.

## Get involved



Post a photo or video on your social media channels using End Youth Suicide resources on our website to promote your support.

+Join the Peaceful Vigil at Manly Beach at 7:30-8:30am on Monday 13 February 2023 to reflect on the 402 young lives lost to suicide in the past year.



Share End Youth Suicide Week posts across your social media channels from 13 to 17 February 2023. Posts will be updated regularly during the week via Youth Insearch social media channels.

Please post on your social media platforms including Instagram, TikTok and Facebook. For Instagram, please post both to your grid and story. Add the website link to your Instagram or TikTok bio, or encourage followers to swipe up if doing a story.

#youthinsearch #endyouthsuicide #traumatotriumph  
Please tag @youthinsearch in your post.



#ENDYOUTHSUICIDE



[YOUTHINSEARCH.ORG.AU/ENDYOUTHSUICIDE](https://YOUTHINSEARCH.ORG.AU/ENDYOUTHSUICIDE)