



considering suicide is \$250. Sunnev Terrell and Heidi Clayton, members of 100+ Women Who Care Valley of the Sun, secured an \$11,500 donation that will be used to train more teens on the hotline. Terrell and Clayton's support for the charity runs deep as they are both raising teenage girls. "As a mother of a teenager, I understand the importance of communication and the daily struggles a teenager faces. Having an outlet for a teenager to be heard and listened to by their peers in times of need is a reassuring feeling as a parent" shared Clayton.

If you want Teen Lifeline's number on your child's school ID, request they do so.

Teens may call or text **602-248-TEEN** for help.

Visit [www.TeenLifeline.org](http://www.TeenLifeline.org) and [www.100wcvallyofthesun.org](http://www.100wcvallyofthesun.org) to learn more.

# Suicide Prevention

## Teen Outreach Through Our Schools

By Stephanie Millner & Kim Tarnopolski

**We talk to our children about stranger danger and say no to drugs, but what conversation have you had with your child about who to call when they feel alone in the world? Sadly, the number of kids taking their life is rising. From 2007 to 2015 alone, suicide rates doubled among teen girls and by more than 30 percent among teen boys.**

Teen Lifeline, a local nonprofit, provides a safe, confidential and crucial service where teens help teens. Trained teens offer a peer-to-peer hotline for other teens struggling with issues like bullying, dating, family relationships, sexuality, pregnancy, life skills, depression, self-injury and suicide. Research shows most teens will turn to their peers before turning to an adult. As a result, this critical service is a place where teens can help empower other teens to make healthy choices.

Teen Lifeline's most recent initiative is placing an outreach message and their telephone number on the back of every high school student's ID in Arizona. Currently, more than 80 schools have added this message to their IDs. "Having Teen Lifeline's number on the back of all school IDs is an easy and vital action connecting every teen in Arizona to help and hope. Students who feel stressed out about school, sports, family-life, or anything in-between have easy access to Teen Lifeline's crisis hotline and the Peer Counselors who have been trained to connect their peers to resources that will save their life" states Michelle Moorhead, Executive Director.

The cost to provide help and hope to one teen caller



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