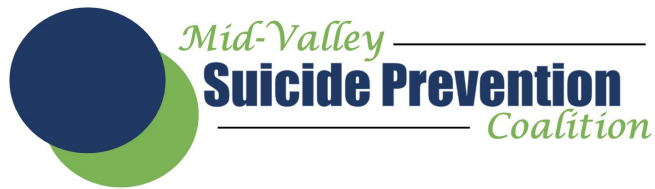


# Suicide Prevention and Social Media



## How can you help?

- Follow Mid-Valley Suicide Prevention on Facebook, Twitter, and Instagram
- Share our posts and use our hashtag #OK2ASK
- Post local Crisis Hotlines like Polk County Crisis Services and Northwest Human Services
- Report posts if you feel like someone is thinking about suicide
- Always be nice to other people on social media

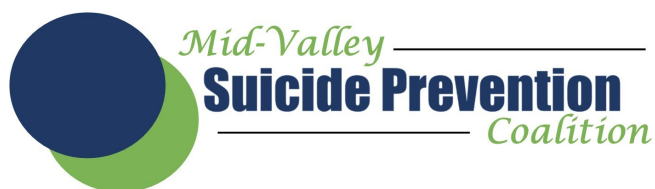
**92%** of teens report going online at least once a day

**71%** of teens use more than one social network such as Facebook, Twitter, Instagram, and Snapchat

With this many teens online everyday, it is important to know how to use social media to prevent suicide.



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