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**Feeling Blue? Get Help!**

**The statistics are scary!** 24% of CMS Middle School Students reported that they seriously thought about killing themselves, 17% reported that they made a plan of how they would kill themselves and 11% reported attempting suicide.

**SUICIDE IS PREVENTABLE!**

**Only 35%** of middle school students reported that they get the kind of help they need when they feel sad, empty, hopeless, angry or anxious.

**If you are feeling hopeless and thinking of suicide, tell someone!**

* Tell a parent, teacher, counselor, principal or a trusted adult
* Call the 24-hour Suicide Emergency Call Center at **704-444-2400**
* Get checked out at a Behavioral Health Center (CMC Randolph at 501 Billingsley Road, **704-444-2400** or Presbyterian ER at 200 Hawthorne Lane, **704-384-4000**)
* Make an appointment to see a professional counselor by calling Cardinal at **800-939-5911**
* Other 24-hour Hotlines are the National Hopeline Network, **1-800-784-2433** and [www.hopeline.com](http://www.hopeline.com); the National Suicide Prevention Lifeline at **1-800-273-8255** and [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org); Youth America Hotline Counseling for Teens by Teens, **1-877-968-8454** and [www.youthline.us](http://www.youthline.us); The Trevor Project Crisis Intervention & Suicide Prevention for Gay & Lesbian Youth, **1-866-488-7386** and [www.thetrevorproject.org](http://www.thetrevorproject.org)