

## who we are:

KnowResolve is a 501(c)(3) non-profit organization dedicated to promoting mental health and preventing youth suicides through outreach, advocacy and education. Our goals are to increase help-seeking behavior, connect teens and young adults to available resources, promote the development of healthy coping skills and promote relationship-building among students on school campuses.



## what we do:



Our primary program is an assembly-style presentation where students learn about facts, myths, risk factors and warning signs of suicidal behavior, what to do in crisis, available resources, and tips for coping with distress. These assemblies are provided to schools in Macomb County free of charge and an average of 1,500 students hear this message of empowerment and hope each month. Support for these assemblies is generated through funds raised at outreach and awareness events which are held in our community throughout the year.

## why we do it:

**Suicide is currently the third leading cause of death for youth ages 15 to 24 and approximately 1 in 7 high school students seriously consider suicide.** Most of them will keep those thoughts a secret. Our goal is to break the silence and connect them to hope, help and available resources. Prevention begins BEFORE there is a crisis and we feel it is critical to promote a message of personal responsibility and resilience to students so that they can carry these lessons with them as they face the ongoing challenges in their lives.



## how you can help:

**Get Informed:** Visit our website to learn about facts, myths, risk factors, warning signs and what to do and where to turn in crisis. After a suicide it is common to hear things like "nobody ever saw this coming", but the fact is that about 80% of completed suicides show warning signs.

**Help Spread the Word:** Let your friends, family and co-workers know about what we are doing by sharing our info and materials, by joining our mailing list online, and by sharing info through social media.

**Donate:** We are a grassroots non-profit organization and we rely on donations to operate. Please consider supporting one of our events, or making a tax-deductible donation. Find out more about our organization, our events, and how you can give at [www.knowresolve.org](http://www.knowresolve.org) today.