



CREATE RESILIENCE
YOUTH MENTAL HEALTH CAMPAIGN

If My Words Could Make a Difference Writing Prompt

Suicide is the first leading cause of death in Oregon for youth ages 10 years old to 24 years old. It is the second leading cause of death for ages 25 years old to 34 years old, and third cause of death for 35 years old to 44 years old. Suicide in the United States is overall the 10th leading cause of death. Across the world suicide is a killer of young and old.

Let's not become overwhelmed or blinded by these statistics. Let's not give up or lose hope. Emotional pain and psychiatric illness do not have to end in death. We can recover and we can learn to grow more able to live no matter what the inner and outer challenges may be. Suicide is preventable.

Let's raise our voices together to stop silence, shame, and stigma. Let's increase our awareness and forge empathic and compassionate solutions. Let's educate on and practice lifesaving social-emotional skills of well-being.

- **What if my words could change my world?**
- **What if my words could change the world?**
- **What would I need to I say and why?**

You are hereby invited to share your ideas for improving youth mental health in the **If My Words Could Make A Difference Youth Mental Health Campaign**.

Submissions can be an essay, a poem, a story, a song or play, or anything that is verbally expressed.

For more information about the campaign, visit our [website](#).