

Surviving the Teens

Youth suicide is a serious public health issue in Greater Cincinnati as it is across the nation. Suicide is the third leading cause of death for children age 10 to 19 years — with rates increasing at an alarming speed. To the experts in the Division of Psychiatry at Cincinnati Children's, this reality is unacceptable.

Knowing teenage years can be extremely stressful and challenging for adolescents and their families, we created Surviving the Teens — an evidence-based mental health awareness and suicide prevention program, taught by a licensed mental health specialist, offered free of charge in our local schools.

Surviving the Teens provides information, resources and support to help guide teens and families through the ups and downs they might face, to stop suicide before it happens. It aims to increase help-seeking behaviors among troubled youth and their peers, increase family and school connectedness, decrease suicidal and other risk-taking behaviors and improve students' coping skills.

Key Components

Trainings take place in the students' classrooms over the course of five days, facilitating discussions about stressors that contribute to depression; teaching positive coping techniques, signs of depression and suicidal behaviors, responding appropriately to troubled friends; and where to turn for help.

Making an Impact

Since its inception in 2001, Surviving the Teens has helped thousands of teenagers in the Greater Cincinnati area receive the support and guidance they need - free of charge. In the 2014-2015 school year, the program was presented to approximately 24 schools, reaching nearly 4,600 middle and high school students.

Using pre-test and three-month follow-up questionnaires, published studies have found a significant increase in emotionally troubled teens' communication with others about emotional health issues and suicidal thoughts. Three months following the program, students were also significantly less likely to be currently considering suicide, to have a suicide plan or attempt suicide.



You Can Help

Surviving the Teens is one of the few teen-focused suicide prevention programs proven to save lives from suicide. Our mental health interventions are often the difference between life and death.

Thanks to the generosity of donors, Surviving the Teens is offered to local schools free of charge. However, demand for the program is increasing and there is always more to be done to reduce the risk and incidences of suicide in our children and teens. Until every teen has access to this resource, we cannot rest.

But we cannot do it alone. As a nonprofit hospital and research center, we rely on your philanthropic partnership to reach more teens and families.

Your support makes a difference. Together, we're providing the children and teens in our community with the support and guidance they need.

We're changing the outcome together.