

Washington State Department of Health
START A CONVO, SAVE A LIFE

**START A CONVO.
SAVE A LIFE.**

CAMPAIGN SUMMARY – High school cafeteria youth suicide awareness event



We learned from our target audience, high school students, that it's difficult to reach out to friends or classmates who seem depressed, hopeless, or unusually angry to ask them if they are thinking about suicide.

The goal of Start a Convo, Save a Life campaign is to help students know that it is okay, even necessary, to start that conversation.

The following is available from the campaign at no cost:

Materials for a High School Cafeteria Event

For this event, printouts of text messages are posted throughout the cafeteria so that students can engage with them during lunch time (see photo above). There are two kinds of printouts for the event: one set shows messages that students might receive from friends who are at-risk and the other set is possible conversation starters. The printouts can be used in conjunction with posters in hallways and restrooms.

Suicide Prevention Video: [One Conversation Saved My Life](#)

The video features two high school students, Daylin and Alec, telling their story about how one conversation saved a friend's life. The video can be used in conjunction with the campaign or as a stand-alone product.

Additional resources include:

- A **packet** for schools with criteria and considerations for the school around implementing the cafeteria takeover and showing the suicide prevention video, resource lists, a teacher's discussion guide, a sample letter to send to parents, introduction document for students, and sample social media posts.
- An **app** called [A Friend Asks](#) from the Jason Foundation.
- A **Tumblr page** for the campaign.
- Youth suicide prevention **posters**.

The posters, the Tumblr page, and the video (on the YouTube channel of the Washington State Department of Health) are ready for use. We are in the final stages of planning the high school cafeteria event. If you are interested in holding a high school cafeteria youth suicide prevention awareness event, contact Sigrid Reinert at Sigrid.Reinert@doh.wa.gov or (360) 236-2843.

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