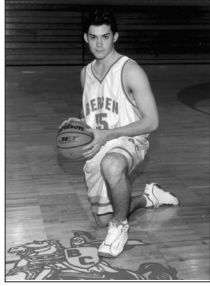


## Our Mission

The Ganley Foundation was created in memory of our son Jimmy who died by suicide due to undiagnosed depression. The Foundation, a 501(c)(3) organization, educates communities about depression and challenges the stigmas that prevent proper intervention and treatment. The **Crusade**



**for Awareness** was created to promote mental health by educating youth and their parents about the signs of depression. Through education, young people will be able to recognize the signs of depression in themselves and their peers. Our vision is to save lives through mental health awareness.

We appreciate you joining us on our **Crusade for Awareness**. Our organization could not continue its mission without the support of the community which it serves.

**In memory of our beloved son,  
Jim and Ann Ganley**

*Most suicidal people want to live,  
but are unable to see alternatives  
to their problems.*

## Where To Go For Help

There are many resources available to help you or a friend, including parents, other adult family members, counselors, teachers, coaches, medical professionals, clergy or a local mental health agency.

**Suicide is NOT a choice,  
but a result of a serious illness...  
depression.**

Suicide can be prevented. While some suicides occur without any outward warning, most do not. Most people who feel suicidal give definite warning signs, but these signs are often not understood, recognized, or acted upon until too late.

There are now promising treatments for depression on both a preventative and treatment basis. With knowledge, understanding and knowing where resources are, lives can be saved and less people will have to suffer the loss of their loved ones.

Each life lost to suicide affects countless families, friends and loved ones with unimaginable sorrow and pain.

**HELP IS AVAILABLE  
24 HOURS A DAY, 7 DAYS A WEEK**

**National Suicide  
Prevention Hotline**  
**1-800-273-TALK**  
(1-800-273-8255)

Psychiatric Emergency  
Response Network  
**1-866-FOR-PERN**  
(1-800-367-7376)

Kristen Brooks Hope Center  
National Hopeline Network  
**1-800-SUICIDE**  
(1-800-784-2433)

National Crisis Line  
The Help Line USA  
**1-866-334-HELP**  
(1-866-334-4357)

## Depression & Suicide General Information

*“Every year, without any treatment at all,  
thousands stop suffering from depression. Because it kills them.”  
- Dr. Paul Greengard, 2000 Nobel Laureate in Medicine*



[ganleyfoundation.org](http://ganleyfoundation.org)

# Depression

## About Depression

- Depression is a medical illness which affects the brain, which in turn affects the rest of the body.
- Depression can affect anyone: children, adolescents, young adults, middle-aged adults, and older people.
- 20% of adults will have suffered from depression at some point in their lifetimes.

**Everyone feels down from time to time. However, with depression, these feelings are more severe and occur nearly every day for two weeks or more.**

## Warning Signs

### Emotional Symptoms

- Feeling sad, empty, hopeless, or numb
- Restlessness, irritability, or anxiety
- Difficulty concentrating or making decisions
- Less interest or participation in activities normally enjoyed
- Feelings of guilt or worthlessness
- Repeated thoughts of death or suicide

### Physical Symptoms

- Low energy and feeling tired all the time
- Changes in appetite or weight (eating more or less)
- Change in sleep patterns (sleeping more or less)
- Increased use of alcohol or drugs
- Self-destructive behavior, loss of control, or uncontrolled rage
- May include headaches, aches, pains, digestive problems, dizziness, or lightheadedness

*The information in this brochure is provided by the Ganley Foundation for educational purposes only. It is not a substitute for professional medical care. If needed, please seek assistance from a qualified healthcare practitioner.*

# Suicide

## In the United States...

- 91 people die by suicide every day.
- Approximately 17% of students in grades 9-12 have seriously considered suicide in the past year.
- Of the 9% of high school students who admit to one or more suicide attempts, only 1 of 3 will receive help.
- Suicide is the second-leading cause of death among college students.
- Suicide is the third-leading cause of death among youth ages 10-24.
- Among young people ages 10-14, the suicide rate has doubled in the last two decades.

## Risk Factors

### Sex

Men are four times more likely than women to die from suicide, although three times more women than men report attempting suicide.

### Neurotransmitters

Research indicates that both depression and suicidal behavior is linked with decreased serotonin in the brain.

### Psychiatric Disorders

At least 90% of people who die by suicide have a diagnosable and treatable psychiatric illness.

### Family History

There is an increased risk for suicidal behavior in individuals with a family history of major depression, bipolar disorder, schizophrenia, and certain personality disorders.

### Substance Abuse

Drugs and alcohol are involved in 60% of suicides.

### Distressing Life Events

Loss of a loved one, career failure, rejection, and abuse.

### Psychic Pain or Inner Tension

Anxiety, guilt, perceived burdensomeness, feelings of not belonging and hopeless that things will not improve.

### Impulsivity

Impulsive individuals are more apt to act on suicidal urges.

# Action

## Awareness

- In order to prevent suicide, we must first begin by overcoming our reluctance to talk about it.
- Young people are more likely to seek help if social acceptance is broadened and they receive support and services early on.
- Education reduces stigmas, thereby increasing our understanding and compassion towards those who suffer from depression.
- Recognizing the risk factors makes prevention possible.
- Communication will help increase emotional support for family and friends with mental health problems.

**Research from sociologist Ronald Kessler at Harvard Medical School has revealed that “more than half of all cases of mental illness begin during the teenage years”.**

## What Can I Do To Help Someone Who is in Crisis?

- Listen with sincere concern.
- Ask them if they have felt this way before and how they have coped with it in the past?
- Share a time when you felt similarly and assure them that things can and will change.
- Let them know that many people will think about suicide but never attempt it.
- Stay with him or her and do something together.
- Do not try to handle it alone. Talk to a mental health professional or call a hotline.

### SOURCES FOR THIS BROCHURE

American Foundation for Suicide Prevention  
Center for Disease Control and Prevention  
Erika's Lighthouse  
Jed Foundation  
National Alliance on Mental Illness  
National Institute of Mental Health