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To Whom It May Concern,

In 2017, 47,173 people died by suicide in the United States. **This is like one commercial airplane crashing, with no survivors, every single day. Surely if there was a plane crash every day in America, someone would take notice?** Yet, suicide continues to be a largely unspoken tragedy.

Efforts to curb suicide have had mixed results. Positively, mental health challenges (which often lead to suicide) are better diagnosed today, we have better understanding and treatment of those challenges, and we can offer real hope. Unfortunately, despite these positives, suicide rates are still up by 30% from 1999.

Suicide is a complex and multi-faceted problem and requires a multi-faceted approach. **Please Live has decided to tackle the issue of suicide by focusing on education and awareness on prevention and first-stage intervention.** This means we hope to educate others on the signs and symptoms of a problem and seek appropriate treatment *before* the thought of suicide ever occurs.

Everyone knows that getting help in first-stage is easier, faster, and has better outcomes than waiting until stage four illness. It is the same for mental health challenges.

Please Live has carefully created a program designed for middle and high school students that offers a mental health 101 presentation that goes over the basics: common myths and facts, what is a mental illness, what is stigma, how an illness can lead to thoughts of suicide, how to help someone who is suicidal, and where to go for help. By educating students, we are investing into the mental health of future generations.

We offer our program free of charge to schools and community venues because we believe in our work *that much*. We don't believe that budgets and finances should stand between someone getting the life-saving information they need.

To do this, we rely on grants, volunteers, and generous donations from community members who believe in what we are doing. Without the support of our community, we would not be able to reach the students that need us.

Your personal support would mean the world to us and allow us to continue doing what we do best - saving lives through education. Thank you for taking the time to consider Please Live, and we invite you to learn more at our website at www.PleaseLive.org

A handwritten signature in black ink that reads "Alexa Moody".

Alexa Moody
Executive Director