



MISSION

To cultivate mental wellness through education and awareness of mental health challenges, focusing primarily on depression, anxiety, and suicide prevention.

VISION

Mentally well communities.



PLEASE LIVE SEEKS TO:

- 1 Reach out to students by giving them information on depression, suicide, and related mental health topics; teach hurting students that it is okay to seek help and where to find it; and educate the student body and youth staff on how to respond to suicide threats.
- 2 Empower other students to look for and be aware of suicide warning signs.
- 3 Encourage parents to ask difficult questions and look for red flags in their teen's actions.
- 4 Reduce the stigma surrounding mental health.

SCHOOLS & STUDENTS

Please Live coordinates our events in three parts:

- 1 **STAFF TRAINING:** Through our agency partnerships, we work with schools and community venues to provide an evidence-based mental health training to the staff. This is open to any staff members or volunteers.
- 2 **STUDENT EDUCATION:** We provide a special assembly presentation to students outlining the basics of mental health and suicide prevention. This presentation covers common myths and facts, warning signs for mental illness, how a mental illness can lead to thoughts of suicide, how to help your friends, and where to go to get help.
- 3 **MENTAL HEALTH FAIR:** We coordinate a health fair during the school day so that students and staff members can experience and interact with local help agencies. During this fair agencies can hand out free educational resources and answer questions regarding their service specialty.

OUR PROGRAM IS OFFERED FREE OF CHARGE

OUTSIDE AGENCIES

Please Live's mission requires networking with other service agencies to bring a diverse message of help and hope into schools. By bringing agencies directly into schools, we are opening up unique opportunities for agencies to promote their services, gain clients, increase their community awareness, and at no cost to the agency whatsoever. With minimal effort, agencies can become a regular presence within schools, providing their professional help to at-risk youth.



THE COMMUNITY

By promoting awareness and education about mental health, Please Live strives to break the barriers around seeking help. We hope to empower parents to ask the right questions to identify mental health concerns in their children. We hope to promote a healthier community and to reduce the discrimination associated with discussing depression, suicide, and mental health in general.

HOW WE BEGAN

Please Live began in May 2010 by then 19-year-old Alexa Moody. While attending Harrisburg Area Community College for her degree in Human Services, and volunteering with a local youth group, Alexa noticed a rising trend in local teenage suicides. Prompted to do something about it, Alexa formed Please Live's foundation and elected the first Board of Directors in the summer of 2012. Please Live officially received its 501©3 status in April of 2014.

OVERVIEW

Please Live is a unique organization based on the way we operate. Our goal is to coordinate mental health fairs in schools, youth groups, and community venues that incorporate existing local human service agencies. At a typical Please Live event, we will work with the venue and outside human service groups to provide a tailored and distinctive experience for youth. Our mission is to make a positive impact in every aspect of the community we are in.

TO LEARN MORE

ABOUT HOW TO:

- Bring Please Live to your school or youth organization
 - Help yourself, a friend, or your child
- Connect your agency with Please Live
 - Become a Volunteer
 - Donate to Please Live

VISIT OUR WEBSITE

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