Logan's Story

We lost our wonderful son, Logan Joseph Carter, to suicide at the tender age of 14. From letters he left behind, it was due to relationship issues with the "love of his life". At that age, love is a very strong, scary, and overpowering emotion. The sad part is, lack of maturation and unknown depression were to blame. Logan showed no signs of depression. His dying by suicide shocked more people than we even know. He is greatly missed every single day, our lives will forever be changed, and I hope we can find a way to talk to one another about this epidemic phenomena. Why younger kids are choosing this is incomprehensible. Please be aware of the people in your lives. Make a difference and reach out. Depression is a silent killer. Those that seem happy are not always showing their true feelings.

Angela Carter
Logan's mom

NATIONAL
SUICIDE
PREVENTION
LIFELINE ™
1-800-273-TALK (8255)
suicidepreventionlifeline.org

RESOURCES

If you are a teenager within Arizona and in crisis, call Teen Lifeline at:
(602) 248-TEEN (8336) or
1 (800) 248-TEEN (8336)

National Suicide Prevention Lifeline:
1 (800) 273-TALK (8255)
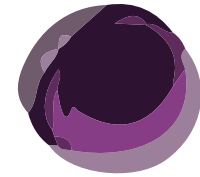Website: suicidepreventionlifeline.org

Website: crisistextline.org
Text: HOME to 741741

Arizona Suicide Prevention Coalition:
azspc.org

If you are in need of immediate help within Arizona, call EMPACT at:
(480) 784-1500 or 1 (866) 205-5229

If you have lost someone to suicide, you are not alone:
afsp.org/find-support/ive-lost-someone/
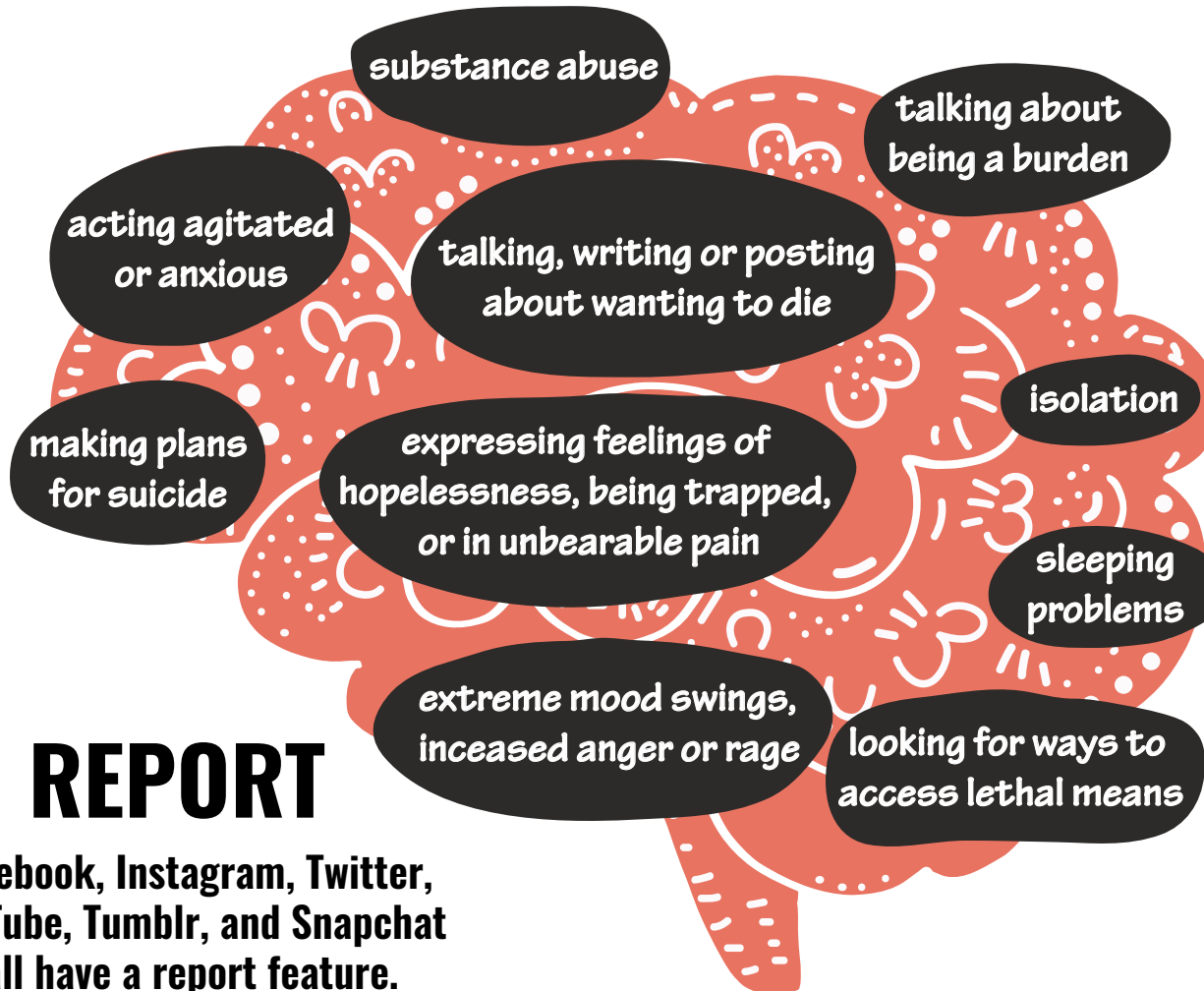
LET'S TALK

SUICIDE AWARENESS

Presented by:

Arizona Attorney General's Office
Community Outreach & Education
(602) 542-2123

WARNING SIGNS

Know what to look for:

- substance abuse
- talking about being a burden
- acting agitated or anxious
- talking, writing or posting about wanting to die
- isolation
- making plans for suicide
- expressing feelings of hopelessness, being trapped, or in unbearable pain
- sleeping problems
- extreme mood swings, inceased anger or rage
- looking for ways to access lethal means

REPORT

Facebook, Instagram, Twitter, YouTube, Tumblr, and Snapchat all have a report feature.

REACH OUT

If you are a student:

Ask the person you are worried about if they are thinking about suicide. Be direct and talk openly.

Be non-judgmental.

Follow up to see how they are doing.

If a friend posts something to social media you feel indicates self-harm, report it and tell a trusted adult.

If you are a parent:

Keep them safe.
Reduce access to lethal means.

Seek help.
Help connect them with ongoing support.

"Suicide is a *permanent* solution to a *temporary* problem"