

## Donate to Save Lives Through Teen Lifeline

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For teens, the end of the year means stress at school, which can lead to anxiety and even depression. But a simple conversation from a parent or family member letting them know that it's OK can make them reverse suicide thoughts. That's exactly what Teen lifeline aims to do all year round. Michelle Moorhead, the executive director of Teen Lifeline, has seen the impact the organization makes since she started as a volunteer with its outreach events, campaigns and hotline help. It can be easy to miss signs of suicide in a teen with the holiday excitement, but with the organization's tax-deductible program, you could help a child change their fate.

Teen Lifeline is a Qualified Charitable Organization. This means you can save a life by donating and getting that money back through a tax refund. Each phone call Teen Lifeline receives costs \$100, which means it costs \$100 to save a life. Because individuals can receive up to \$200 in a tax refund, they can save two lives. And joint couples can receive up to \$400 back and save four lives. Last year, donations like these made it possible to help more than 12,000 teens have a critical life conversation with one of Teen Lifeline's phone operators, who are teens themselves.

Donations will also help the organization with its increased January outreach programs. Moorhead says January has the highest suicide rates.

"When the holidays come, they [teens] have their break from school. And for kids, that's their biggest source of support, their friends and others around," Moorhead says. "We see that the holiday season, in December and January, can be a time that's hard for teenagers."

So at the beginning of the year, the organization will mail every middle school and high school a flier about the organization. She says they will also reach out to schools in Prescott and Tucson.

Help Teen Lifeline change lives and donate through Dec. 31.

Go to <https://teenlifeline.ejoinme.org/QCO2014> to donate now. And teens, if you are having suicide thoughts, don't hesitate to call Teen Lifeline at 602.248.8336.