



Joseph D. Clements

June 22, 1988 – March 10, 2008

The short dash between these dates represents so many wonderful, funny, special stories about this beautiful, smart, creative, caring young man.

Joe and all the other beautiful children would have stayed longer if they could.

Joe was just Joe.



www.joeasjustjoe.com

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The joeasjustjoe Foundation, a 501 (C) 3, not for profit organization, was founded to develop funds for programs and educational resources to address issues related to suicide in Western Wisconsin, Eastern Minnesota and Northeast Iowa. Its focus is to create awareness and prevention with an emphasis on teenagers and young adults, ages 12 to 24.

*"This is something we
need to talk about"*



For help dial

988

**National Suicide
Prevention Lifeline**

Suicide Warning Signs

- Threatening or talking about suicide
- Depression for an extended period of time
- Statements of hopelessness
- Giving away prized possessions
- Preoccupation with death and dying
- Trouble eating or sleeping
- Staying in bed or sleeping for extended periods of time
- Sudden changes in behavior
- Saying goodbye
- Going into isolation
- Purchasing a firearm
- Previous attempts of suicide
- Taking unnecessary risks
- Loss of interest in personal appearance
- Increased use of alcohol or drugs

What Can I do? QPR

Q Question

Question the person about suicide. *Do they have thoughts, feelings or plans of suicide? Don't be afraid to ask.*

P Persuade

Persuade the person to get help. *Listen carefully. Then say "Let me help." Or "Come with me to find help for you."*

R Refer

Refer for help. *If a child or adolescent, contact any adult, any parent. Or call a minister, rabbi, tribal elder, teacher, coach or counselor. Or call 988.*



LINKED by LEGACY: The JWJJ Foundation has joined with other like-minded suicide prevention organizations to work on prevention programs on a national basis. These 9 organizations based in 8 different states were all started by parents of a child who lost their battle with depression.

To Save A Life

- Realize someone might be suicidal
- Reach out. Asking the suicide question DOES NOT increase risk.
- Listen. Talking things out can save a life.
- Don't try to do everything yourself. Get others involved.
- Don't promise secrecy and don't worry about being disloyal.
- If persuasion fails, call your mental health center, local hotline, emergency services, or the National Prevention Line: 988.

The JWJJ Foundation partners with Kaitlyn's Table, the La Crosse Area Suicide Prevention Initiative, the Mini Donut Foundation, It's All Love Only Love Coalition, Inc., and Mental Health America of Wisconsin on programs focused on the prevention of suicide in the La Crosse tri-state region. We are dedicated to shining a light on depression and the mental health issues that affect so many of us.