

*100% of our profits are donated to support teen and college mental health programs.*

*Visit us at: [StepsForSteph.com](http://StepsForSteph.com)*

## WHAT YOU SHOULD KNOW

If you or a friend are in crisis go to the nearest emergency room or call:



You will be connected to a qualified counselor in your local area.

## FACTS

- In a typical, Delaware, high school classroom of 30 students, 2 students will attempt suicide and 4-5 students will seriously consider suicide in any given year.
- In Australia, where a nation-wide initiative to prevent suicide deaths was implemented, the suicide rate dropped an overwhelming 29% (Medical Journal of Australia, 2006; 185(6):304).



## Steps For Steph

135 Belmont Drive  
Wilmington, DE 19808  
Phone (302) 383-3300

[ptillotson@StepsForSteph.com](mailto:ptillotson@StepsForSteph.com)

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# Steps For Steph

[StepsForSteph.com](http://StepsForSteph.com)



## *Promoting Teen and College Student Mental Health*

### *through online shopping*

Amazon  
Apple iTunes  
Best Buy  
Office Depot  
Orbitz Travel  
Toys "R" Us

and more!

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\* Tip: Store this phone number in your cell phone

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# ABOUT US

[Steps For Steph](#) was founded in the fall of 2003 by family and friends of Stephanie Tillotson who died by suicide during her junior year of high school. So others may not have to endure this devastating loss and pain, we are committed to preventing teen suicide and promoting teen mental health through:

- education and awareness
- improved access to qualified mental health professionals
- rapid and accurate diagnosis of mental health illness and
- seamless coordination of mental health care

Please help us make a difference!

The U.S. Surgeon General's Report on Mental Health (2001) heightened focus on teen mental health issues. Steps For Steph is a timely and welcomed community-based effort to help address this increasing social need.

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## HOW WE HELP

- In May, 2007, Steps For Steph donated more than \$7500 to the Mental Health Association in DE to support teenage suicide prevention.
- In 2005, we catalyzed formation of the first Suicide Prevention Coalition in the state of Delaware. In April, 2007, the coalition was recognized by President George W. Bush for its efforts. We continue to be an active member.
- Steps For Steph employed trained professionals to teach classes on self esteem to Delaware high school students.
- Sponsored parent/teen education nights at local high schools.
- Educated students on college campuses.
- Launched "Step Into the Light" memorial walk.
- Become a voice for seamless coordination of mental health services.

Deaths by suicide outnumber deaths by homicide by more than 3 to1 in Delaware .

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## HOW YOU CAN HELP

Just Shop Online! Steps For Steph recently launched an eCommerce website (<http://StepsForSteph.com>) to raise funds for high school and college mental health programs. All you have to do is shop online at StepsForSteph.com and **100% of the organization's profits are donated** to support the cause.

Here's how it works.

StepsForSteph.com is a virtual mall of companies like Amazon, Orbitz, eBay, Apple, Wal-Mart, Babies "R" Us and more. By being an affiliate marketer, Steps For Steph receives a portion of every product purchased through our website. **There is no extra cost to you.**

This is painless, no-cost giving. All we need you to do is shop StepsForSteph.com for your regular online purchases including airline tickets, books, movies, clothing, office products, flowers, etc. to support teen and college student mental health. It's an easy way to support this important cause.

### FOR MORE INFO CONTACT:

**Patti Tillotson**

**(302) 383-3300**

**Or email her at:**

**[ptillotson@StepsForSteph.com](mailto:ptillotson@StepsForSteph.com)**