



*"It is very clear to me that the Jordan Porco Foundation has a platform in place to change university communities and motivate young people to help themselves and support their friends."  
 - Jason F. Sikorski, Ph.D.*

## Empowering Young Adults

The Jordan Porco Foundation was founded in 2011 by Ernie Porco and Marisa Giarnella-Porco, after losing their son, Jordan, to suicide when he was a freshman in college. Desperate for answers, his family began to research the widespread prevalence of suicide and mental health issues in the college and young adult population. They quickly recognized an overwhelming need for education and programming that would serve to empower students and their peers to recognize warning signs, understand resources, and have the courage to seek help for themselves and others.

### What we know...

- **113 Americans die by suicide daily** - that's one person every 13 minutes.
- We lose **1,100 college students** to suicide each year.
- Suicide is the second leading cause of death among persons **aged 15-24**.
- **35.3% of college students felt so depressed** that it was difficult to function.
- **Almost 17% of students** in grades 9 to 12 report having seriously considered suicide.
- Only 11% of students who disclose their **suicidal thoughts** tell a counseling professional, but 67% tell a peer.
- The majority of students **who need help**, don't receive it.

**But these statistics CAN change. Suicide is PREVENTABLE.**

### Making an Impact

- **60% of college freshmen** wish they'd had more help with emotional preparation for college.
- Students who **felt less emotionally prepared for college** than their peers were more likely to have a lower GPA.
- **87% of college freshmen** said that in high school, there is much more focus on being academically-ready than emotionally ready.
- **4 What's Next** is working to change these statistics!

### Our Programs

#### Fresh Check Day | [freshcheckday.com](http://freshcheckday.com)

Fresh Check Day is an engaging and uplifting mental health promotion event that creates an approachable atmosphere where students are encouraged to engage in dialogue about mental health. It includes interactive expo booths, free food, entertainment, and exciting prizes and giveaways. Using campus-wide collaboration and a peer-to-peer messaging model, Fresh Check Day utilizes student groups in addition to college/university staff to develop and implement interactive booths that deliver mental health and resource information in a fun and engaging way.

#### Nine out of Ten | [nineoutoften.org](http://nineoutoften.org)

One in ten college students contemplates suicide. That means that nine out of ten students have the opportunity to help that one who is struggling. Inspired by this statistic, Nine out of Ten is an ambassador program that empowers college students to be a hopeful voice for suicide prevention and promote a mental health movement on campus. Through student-led innovation and a multitude of approaches, Nine out of Ten student ambassadors engage in year-round advocacy and awareness activities to spread the message of Nine out of Ten: Be aware, speak up, reach out, and #helpsomeone.

#### 4 What's Next | [4whatsnext.org](http://4whatsnext.org)

4 What's Next is a primary prevention program that builds psychological resiliency in high school students by giving them the tools to handle stress and distress now and in their future. Students gain important skills related to coping and help-seeking, and learn how to apply these skills to better manage conflict, time, and money, as examples.

## STUDENT RESULTS AFTER ATTENDING FRESH CHECK DAY



### KNOW SOME OF THE WARNING SIGNS



- Isolating
- Trouble in school
- Mood or behavior changes
- Seeming depressed or anxious
- Risk-taking, recklessness, or self-harm
- Talking about suicide (examples: statements like "I wish I were dead" or "You'd be better off without me")
- Eating or sleeping issues