

The root cause we determined was stress, so using these products provide an alternative for stress, or get the word out for preventing suicide.

- Our research that we gathered at Columbine High School shows:
- 77.3% feel academic pressure
- 47.9% feel pressure to fit in
- 36.2% feel pressure to be perfect

Suicide Hotline: 1-800.273.8255

Website: combinecolumbine.com

Sponsors: Jefferson Center of Mental Health

Members of Combine Columbine: Maura Singer, Pat Sheehan, Ryan Schemmel, Charlie Marrs, Dylan Jutze, Chloe Riley-Chapman

Combine Columbine

Combinecolumbine.com

The logo for Columbine Live United features the word "Columbine" in a large, dark blue, serif font. A curved arrow starts at the top of the letter 'C' and points towards the top of the letter 'e'. To the right of the word "Columbine", the words "Live United." are written in a smaller, dark blue, sans-serif font.

A Social Enterprise with a mission to provide coping methods to help people deal with stress.



Stress Ball

- Used as a stress reliever
- Squish-able toy that you can squeeze in your hand
- Multi-purpose tool
- Can be used to squish, throw, bounce, etc.
- Stress balls provide people the change to "escape" their stress through a simple object.

Lanyard

- Used to spread the word of preventing suicide
- Provides unity through seeing a common trend throughout the community



Fruit Strips

- One of the biggest ways to handle stress is eating.
- Providing fruit strips gives a healthy alternative for stress eating



Puzzle

- Takes the mind off of the stress one has
- Gives the brain healthy exercise



Bookmark

- Gives alternatives for things to do (like coloring)
- Encourages reading

