

Mental Health Statistics

- 2,352,000 adults in PA have a mental health condition. That's more than 7x the population of Pittsburgh.
- 193,000 PA adolescents experience a major depressive episode each year.
- 127,000 PA adolescents have serious thoughts of suicide each year.
- 16% of youth aged 0-17 in PA have experienced 2+ adverse childhood experiences, which are linked to mental illness and substance misuse in adulthood.

Suicide Statistics

- In 2023, Suicide was the second leading cause of death among individuals between the ages of 10-34.
- According to the most recent Youth Risk Behaviors Survey (2023), 9% of youth in grades 9-12 attempted suicide at least once in the past 12 months.
- Female students attempted suicide at a higher rate than male students (13% vs. 6%).
- About 2% of high school students attempted suicide that resulted in an injury, poisoning, or overdose requiring treatment by a doctor or nurse in the past year.

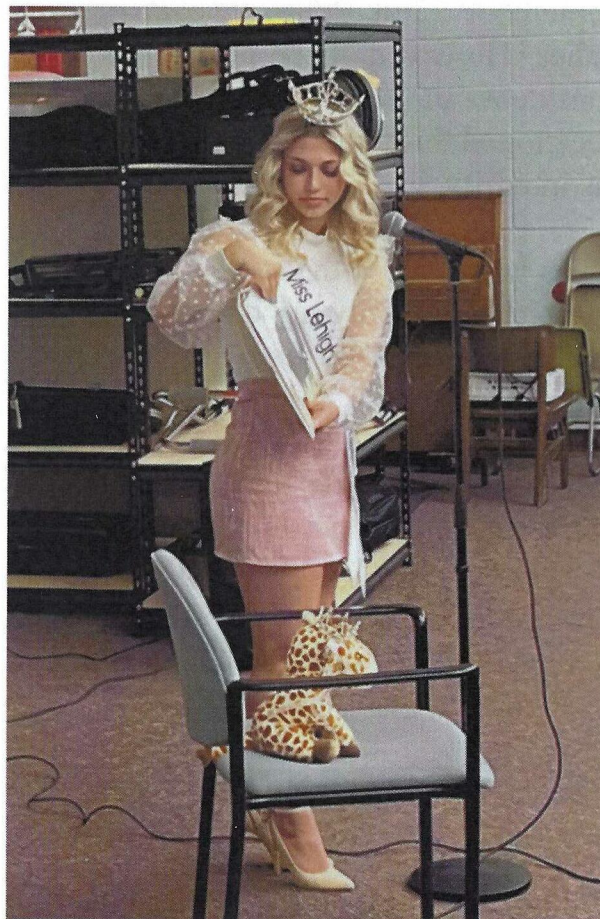
APPEARANCES

Interested in having me come speak to your classroom, group, or organization?

Please email, text, or call to talk about scheduling opportunities:

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Timothy's Echo: Suicide Awareness and Prevention

Presented by

Lydia Anne Peters

**Miss MidState's Teen
2026**



Background Information about Me

My name is Lydia Anne Peters. I currently serve as Miss MidState's Teen 2026. I spent March 2025 – Jan 2026 serving my hometown as Miss Lehigh Valley's Teen 2025. I am a junior at Commonwealth Charter Academy as well as a dual enrollment student at DeSales University. Throughout high school, I've maintained a 4.2 GPA as well as straight A's. I am an honors student holding a membership in four national honors societies, as well as serving as an officer in one. After high school, I plan to attend a 4-year school to major in psychology with hopes of becoming a Licensed Professional Counselor with a focus on children through play therapy and cognitive behavioral therapy, as well as working with families dealing with autism.



Timothy's Echo

My biological father is Timothy Petrow, a name that is well known but a story that is not. Timothy Petrow passed away on April 4th, 2008, after years of struggling with major depressive disorder. Timothy Petrow was a kind man. He was talented, passionate, and genuine. I was born on September 22nd, 2008. I never met my father. However, there are things I am confident in and that I never once questioned throughout my life, and that is his integrity.

I was born with a theoretical hole in my heart, one that only my daddy Tim could fill. Then I realized there are two paths when living with this kind of grief. I could fall into the hole, or I could grow with it. With the first step I took to climb out, I discovered that I carried the ability to change the odds and influence someone's life. I knew this was exactly what my father would want me to do. Tim used his voice so purposefully.



“Ranger is PROUDLY Sad”

I have chosen to honor my father's love for pets through a children's initiative entitled Timmy's Wellness Project. Within this project I have a soon to be published book that will connect with children over the topic of mental health in a manner that they can understand. “Ranger is PROUDLY sad” focuses on the topics of grief and depression, and translates them to become child-friendly, presenting mental health education to children at a young age, and providing them with the resources necessary at 8 or 18. An echo should never be silenced, I won't allow mine to be. Through passion, my book tour will be formed, reaching every inch of the area I serve.

Meet Ranger!

Ranger was known as the happiest, most adventurous cat in all of Catlandia. At least, that's what everyone believed.

