

# Watch Nick Saban talk about youth suicide prevention



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on April 07, 2016 at 12:33 PM

Coach Nick Saban has some words of wisdom about cherishing important relationships and investing the time to know what your loved ones are thinking and feeling.

"Just to listen, you know, having a presence sometimes with somebody is all they need to satisfy their loneliness and to know that someone else cares. So, let's do something to care for someone else," Saban says in a video posted by You're Not Alone.

**You're Not Alone** is an on-campus campaign at the University of Alabama that focuses on positive mental health and suicide prevention. The group held a Mental Health Awareness Seminar on Wednesday and shared a video of Saban's remarks in support of their mission.

Thank you to all who attended the Mental Health Awareness Seminar tonight! If you missed it, here is a message from Coach Saban stating the impact we can have by caring for others. "Just to listen and have a presence sometimes with somebody is all they need to satisfy their loneliness and to know that someone else cares. So, let's do something to care for someone else."-Coach Nick Saban

Posted by [You're Not Alone](#) on Wednesday, April 6, 2016

Proceeds from You're Not Alone events during Mental Health Awareness Week go to memorial funds and the [UA Counseling Center](#).

Several advocacy groups and campaigns are working to bring more attention to mental illness, a critical issue on college campuses across the country.

The UA chapter of the National Alliance on Mental Illness [recently created a petition](#) asking campus leadership to adopt policy changes to eliminate the stigma associated with mental health and to improve services and crisis training.

The video isn't the first time Saban has spoken out about youth suicide prevention.

Saban is [serving as the state honorary chairperson of NAMI Walks Alabama](#), a 5K walk that raises money and awareness for mental health issues.

"Mental illness impacts so many families across our country and we appreciate all that NAMI does to help provide the support and education to those who suffer from mental health disorders," he said in a news release last month.

In the You're Not Alone video, Saban notes that for 15 years he has been involved with [The Jason Foundation](#), a Tennessee-based youth suicide prevention organization.

Saban played a vital role in [supporting legislation intended to prevent youth suicide](#). After meeting with his friend Clark Flatt in 2015, Saban made two phone calls that kick-started the effort to enact the Jason Flatt Act in Alabama.

He said that he took up the cause because of the time he's spent with young people. In 2012, he received the [Grant Teaff "Breaking the Silence" Award](#) for his efforts in youth suicide prevention.

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