

— Preventing Youth Suicide —

DO YOU KNOW WHAT TO DO?

If I am a teen, I can...

- **Encourage my friends** that getting help for life's ups and downs is the ok thing to do.
- **Ask my friends** the Columbia Suicide Severity Rating Scale questions: <http://cssrs.columbia.edu/wp-content/uploads/Community-Card-Teens-2018c.pdf>.
- **Share stories** about times getting help has worked.
- **Talk to my doctor** during my annual well-visit.
- **Break the stigma** by encouraging discussion of mental wellness.
- **Call the National Suicide Prevention Lifeline** at 1-800-273-8255 when I am worried about myself or a friend.
- **Host a National Alliance on Mental Illness (NAMI) Ending the Silence for Students** presentation: <https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Ending-the-Silence>.
- **Be an example of kindness** and connection to those around me.

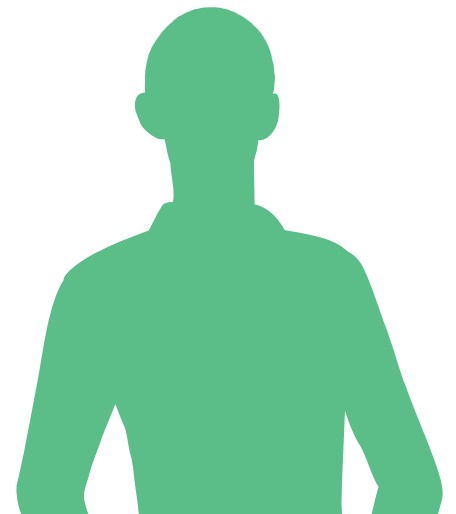


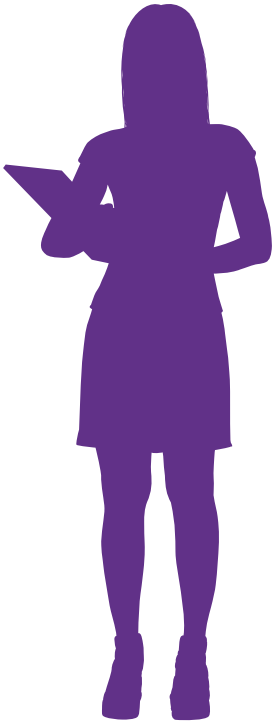
If I am a parent, I can...

- **Be willing to listen** without judgment.
- **Be the one to help my child** seek mental and physical health care when needed.
- **Download the Columbia Suicide Severity Rating Scale** parent screener tool to know which questions to ask: <http://cssrs.columbia.edu/wp-content/uploads/Community-Card-Parents-2018c.pdf>.
- **Store my firearms and prescription/over the counter medications safely at home** to reduce the likelihood they will be used in a suicide crisis.
- **Take the National Alliance on Mental Illness (NAMI) Basics**, Family to Family, or Ending the Silence for Families training: <https://namikansas.org/programs/family/>.

If I am a community member, I can...

- **Be willing to listen** without judgment.
- **Make resources** for safe storage or disposal of means for suicide available (e.g. trigger locks, prescription take back initiatives).
- **Download the Columbia Suicide Severity Rating Scale** screener tool to know which questions to ask: <http://cssrs.columbia.edu/wp-content/uploads/Community-Card-2guys.pdf>.
- **Take a training** like Mental Health First Aid, Applied Suicide Intervention Skills Training (ASIST) or Question. Persuade. Refer (QPR) to be able to better identify when youth are struggling with thoughts of suicide.
- **Practice good self-care**; share my coping mechanisms with those around me, tell stories of seeking help and gaining recovery.





If I am a school employee, I can...

- **Be willing to listen** without judgment.
- **Download the Columbia Suicide Severity Rating Scale** screener tool and champion protocol changes for successful implementation within my school or district: <http://cssrs.columbia.edu/the-scale-in-action/schools/>.
- **Use my Communities that Care data** to guide decisions about how to implement prevention initiatives: <http://kctcdata.org/>.
- **Promote the National Suicide Prevention Lifeline** (1-800-273-8255) in consistent ways throughout the school year such as printing the number on student ID cards.
- **Social emotional learning initiatives** that focus on building social skills especially problem-solving skills are effective upstream efforts to reduce suicide and other risky behaviors in students.
- **Implement evidence-based screening** for depression and suicide for the entire student body. Depression is treatable, and suicide is preventable! Early identification and referral to treatment will support students who are experiencing higher risks for suicide.
- **Participate in the National Alliance on Mental Illness (NAMI) Provider Education Program** or the Ending the Silence for School Staff presentation: <https://namikansas.org/programs/for-professionals/>.

Help and resources are available!

Organization	Contact Information
National Suicide Prevention Lifeline	1-800-273-8255 https://suicidepreventionlifeline.org/
Crisis Text Line	Text KANSAS to 741741 https://www.crisistextline.org/
Substance Abuse and Mental Health Services Administration (SAMHSA) Suicide Prevention Resources	https://www.samhsa.gov/find-help/suicide-prevention
Suicide Prevention Resource Center	https://www.sprc.org/
Kansas Suicide Prevention Resource Center	http://www.kansassuicideprevention.org/
National Alliance on Mental Illness - Kansas	https://namikansas.org/
Kansas School Safety Hotline	1-877-626-8203 https://www.ksde.org/Agency/Division-of-Learning-Services/Career-Standards-and-Assessment-Services/Content-Area-M-Z/School-Counseling/School-Counseling-Resources/Anti-Bullying-Awareness
Kansas Department for Aging and Disability Services (KDADS)	State Suicide Prevention Coordinator Kimi Gardner 785-296-4528 Kimi.Gardner@ks.gov <small>*Contact for resource and capacity-building assistance; if you or someone you know is struggling with suicidal thoughts, call the National Suicide Prevention Lifeline at 1-800-273-8255.</small>
Kansas Prevention Collaborative	http://www.kansaspreventioncollaborative.org/Default <small>*Includes Kansas data for the 7 behavioral health indicators</small>
Your local Community Mental Health Center (CMHC)	https://www.kdads.ks.gov/commissions/behavioral-health/consumers-and-families/services-and-programs/community-mental-health-centers

