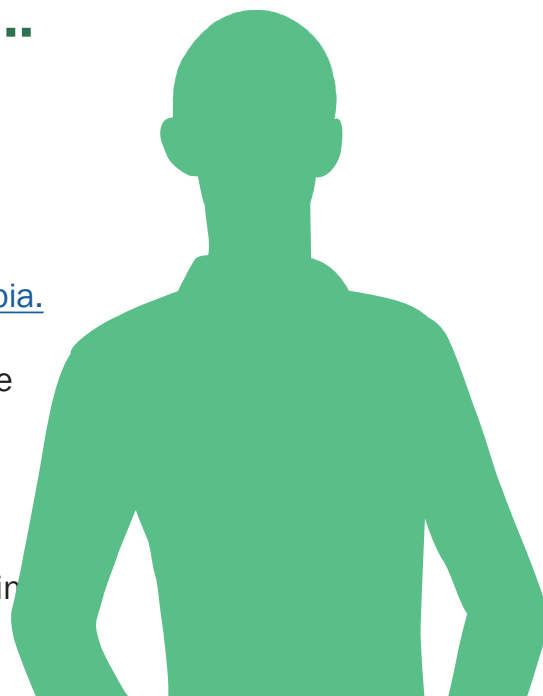


# — Preventing Youth Suicide — DO YOU KNOW WHAT TO DO?

## 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: [cssrs.columbia.edu/wp-content/uploads/Community-Card-Teens-5.pdf](https://cssrs.columbia.edu/wp-content/uploads/Community-Card-Teens-5.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.



## Help and resources are available!

Organization	Contact Information
Suicide & Crisis Lifeline	988   <a href="https://988lifeline.org">988lifeline.org</a>
Substance Abuse and Mental Health Services Administration (SAMHSA)	<a href="https://samhsa.gov/find-help/suicide-prevention">samhsa.gov/find-help/suicide-prevention</a>
Suicide Prevention Resource Center	<a href="https://sprc.org">sprc.org</a>
Kansas Suicide Prevention Resource Center	<a href="https://ksphq.org/resourcecenter">ksphq.org/resourcecenter</a>
National Alliance on Mental Illness - Kansas	<a href="https://namikansas.org">namikansas.org</a>
Kansas School Safety Hotline	1-877-626-8203   <a href="https://ksde.org/Agency/Fiscal-and-Administrative-Services/School-Finance/School-Bus-Safety/School-Safety-Hotline">ksde.org/Agency/Fiscal-and-Administrative-Services/School-Finance/School-Bus-Safety/School-Safety-Hotline</a>
Kansas Department for Aging and Disability Services (KDADS)	State Suicide Prevention Coordinator 785-296-4528   <a href="https://kdads.ks.gov/commissions/behavioral-health">kdads.ks.gov/commissions/behavioral-health</a> <small>*Contact for resource and capacity-building assistance; if you or someone you know is struggling with suicidal thoughts, call or text the Suicide &amp; Crisis Lifeline at 988.</small>
Kansas Attorney General	Kansas Youth Suicide Prevention Coordinator 785-368-8465   Suicide Prevention App - Kansas - A Friend AsKS <a href="https://ag.ks.gov/victim-services/youth-suicide-prevention">ag.ks.gov/victim-services/youth-suicide-prevention</a>
Kansas Prevention Collaborative	<a href="https://kansaspreventioncollaborative.org">kansaspreventioncollaborative.org</a> <small>*Includes Kansas data for the 7 behavioral health indicators</small>
Your Local Community Mental Health Center (CMHC)	<a href="https://kdads.ks.gov/kdads-commissions/behavioral-health/community-mental-health-centers">kdads.ks.gov/kdads-commissions/behavioral-health/community-mental-health-centers</a>
Kansas Department for Children and Families	Family Crisis Response Helpline 1-833-441-2240   <a href="https://bit.ly/3e6llTh">https://bit.ly/3e6llTh</a>
Kansas Department of Health and Environment	Whole Healthy You   <a href="https://kdhe.ks.gov/671">kdhe.ks.gov/671</a>

