

— 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: 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 or Text the Suicide & Crisis Lifeline** at 988 when I am worried about myself or a friend.
- **Host a National Alliance on Mental Illness (NAMI) Ending the Silence for Students** presentation: nami.org/Find-Support/NAMI-Programs/NAMI-Ending-the-Silence.
- **Be an example of kindness** and connection to those around me.



Help and resources are available!

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

