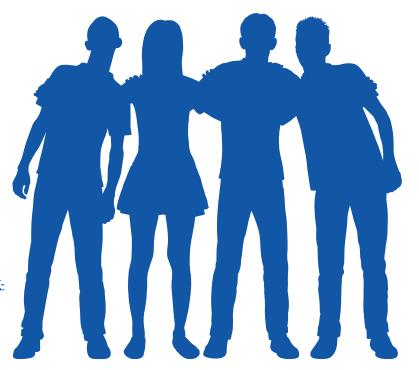
Preventing Youth Suicide— DO YOU KNOW WHAT TO DO?

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: <u>cssrs.columbia.edu/wp-content/uploads/Community-Card-Teens-2018c.pdf</u>.
- 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 <u>988lifeline.org</u>
Substance Abuse and Mental Health Services Administration (SAMHSA)	samhsa.gov/find-help/suicide-prevention
Suicide Prevention Resource Center	<u>sprc.org</u>
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 *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.
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 *Includes Kansas data for the 7 behavioral health indicators
Your Local Community Mental Health Center (CMHC)	kdads.ks.gov/kdads-commissions/behavioral-health/community- mental-health-centers
Kansas Department for Children and Familites	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











