

# May is Mental Health Awareness Month and September is Suicide Prevention Awareness Month!

*ACTION ALERT – Share the Adolescent Suicide Prevention Action Alerts*

Dear MCH Partner,

Suicide is the second leading cause of death for Kansans age 10-24.<sup>1</sup> Suicide and suicidal ideation is often indicative of mental health problems and stressful or traumatic life events. In 2019, 18.7% of high school students completing the Kansas Communities That Care survey reported they had thought seriously about killing themselves. Everyone has a role to play in adolescent suicide prevention – parents, family members, school employees, coaches, health care professionals, friends, and community members.

During Mental Health Awareness Month (May) and Suicide Prevention Awareness Month (September), the Kansas Maternal and Child Health Council (KMCHC) encourages you to spread the word about the importance of taking action to prevent suicide.

The KMCHC has designed a series of social media posts based on the [#BeThe1To's 5 Action Steps for Helping Someone in Crisis](#). Throughout the months of May and September, post the graphics on your social media platforms. Feel free to customize the messages to include any resources, support services, treatment providers, and suicide prevention or mental health training opportunities in your community!



Message #1 – Be the One to ASK



Message #2 – Be the One to KEEP THEM SAFE



Message #3 – Be the One to BE THERE



Message #4 – Be the One to HELP THEM CONNECT

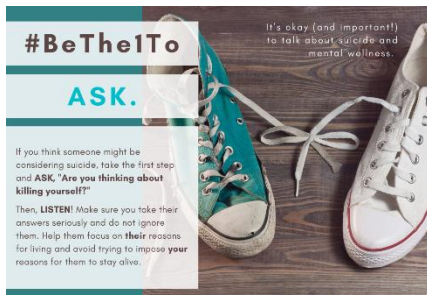


Message #4 – Be the One to FOLLOW UP



Message #6 – Be the One FIVE STEPS

<sup>1</sup> 2017 NVSS, NCHS, CDC



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If you or someone you know is struggling with thoughts of suicide, call the Lifeline at 1-800-273-8255 (TALK). Additional information and suicide prevention resources can be found at: [http://bit.ly/KMCHC\\_SuicidePrevention](http://bit.ly/KMCHC_SuicidePrevention)

Sincerely,

Kansas Maternal & Child Health

