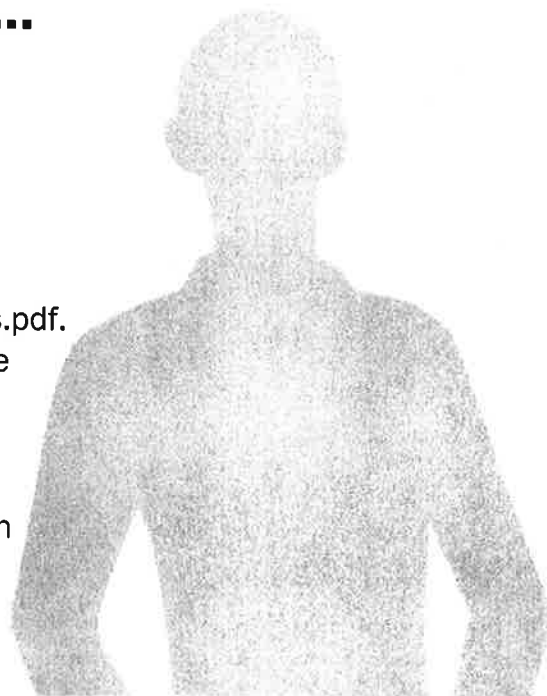


– Preventing Youth Suicide –

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: <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.



Help and resources are available!

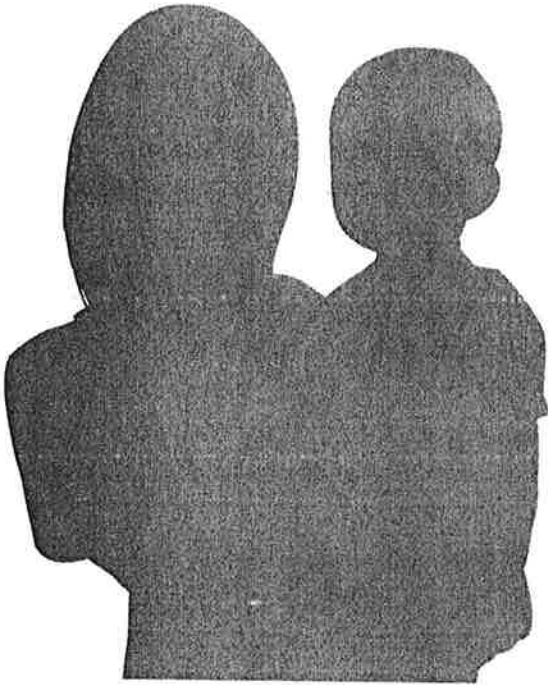
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Kansas Department for Aging and Disability Services (KDADS)	State Suicide Prevention Coordinator 785-296-4528 https://kdads.ks.gov/commissions/behavioral-health <small>*Contact for resource and capacity-building assistance; if you or someone you know is struggling with suicidal thoughts, call the National Suicide Prevention Lifeline at 1-800-273-8255.</small>
Kansas Attorney General	Kansas Youth Suicide Prevention Coordinator 785-368-8465 https://ag.ks.gov/public-safety/child-safety
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



Kansas
Suicide
Prevention
RESOURCE CENTER

— Preventing Youth Suicide —

DO YOU KNOW WHAT TO DO?



If I am a parent, I can...

- **Be willing to listen** without judgment.
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Kansas
Suicide
Prevention

DO YOU KNOW WHAT TO DO?



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

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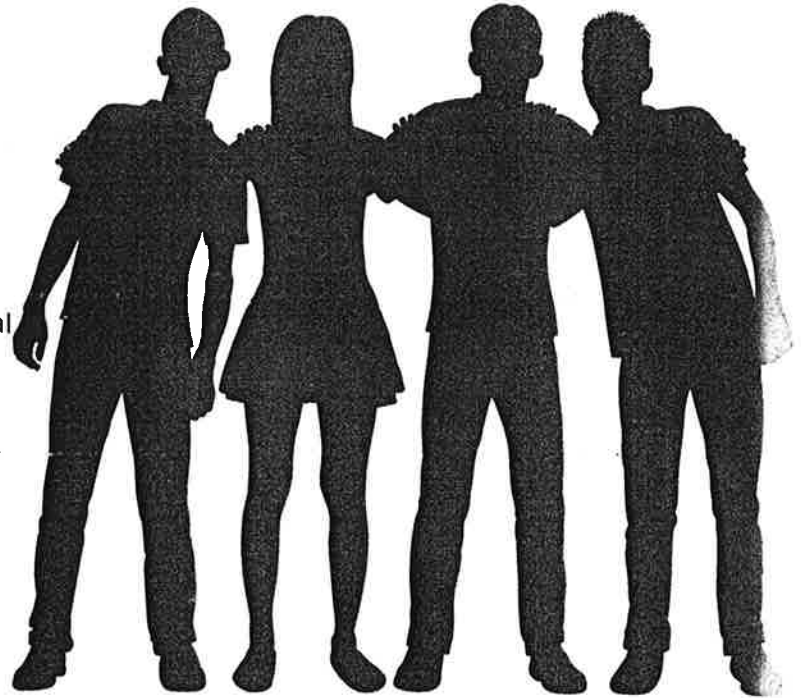


– Preventing Youth Suicide –

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.



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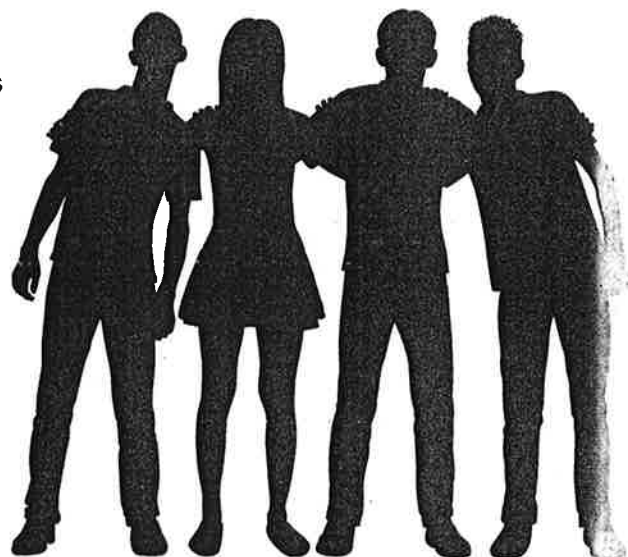


Kansas
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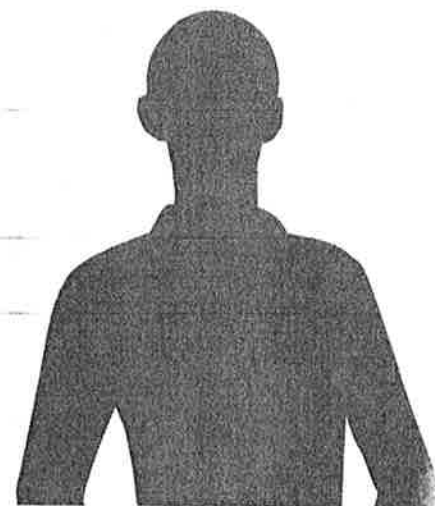


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Kansas Connecting Communities: Every Mom Thrives! ECHO Sessions

- September 5, 2019: Screening for Behavioral Health and Substance Use for pregnant and postpartum women
- September 12, 2019: Brief Interventions increase understanding of health risks and motivate behavior change
- September 19, 2019: Referral to Treatment to increase access to specialty health care
- September 26, 2019: Implementation Strategies to overcome barriers in the medical setting



Register: Enter KUMC Project ECHO into your browser
All sessions for this series are scheduled from 12:00 PM – 1:00 PM