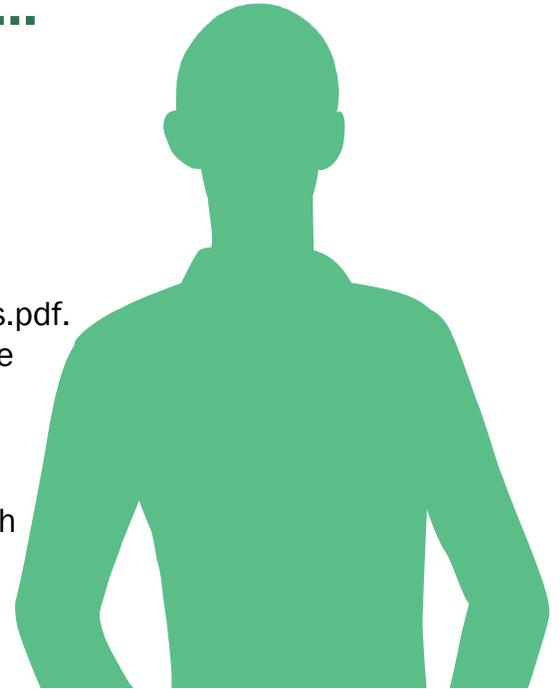


— Preventing Youth Suicide —

# 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!

Organization	Contact Information
National Suicide Prevention Lifeline	1-800-273-8255   <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a>
Crisis Text Line	Text KANSAS to 741741   <a href="https://www.crisistextline.org/">https://www.crisistextline.org/</a>
Substance Abuse and Mental Health Services Administration (SAMHSA) Suicide Prevention Resources	<a href="https://www.samhsa.gov/find-help/suicide-prevention">https://www.samhsa.gov/find-help/suicide-prevention</a>
Suicide Prevention Resource Center	<a href="https://www.sprc.org/">https://www.sprc.org/</a>
Kansas Suicide Prevention Resource Center	<a href="http://www.kansassuicideprevention.org/">http://www.kansassuicideprevention.org/</a>
National Alliance on Mental Illness - Kansas	<a href="https://namikansas.org/">https://namikansas.org/</a>
Kansas School Safety Hotline	1-877-626-8203   <a href="https://www.ksde.org/Agency/Division-of-Learning-Services/Career-Standards-and-Assessment-Services/Content-Area-M-Z/School-Counseling/School-Counseling-Resources/Anti-Bullying-Awareness">https://www.ksde.org/Agency/Division-of-Learning-Services/Career-Standards-and-Assessment-Services/Content-Area-M-Z/School-Counseling/School-Counseling-Resources/Anti-Bullying-Awareness</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">https://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 the National Suicide Prevention Lifeline at 1-800-273-8255.</small>
Kansas Attorney General	Kansas Youth Suicide Prevention Coordinator 785-368-8465   <a href="https://ag.ks.gov/public-safety/child-safety">https://ag.ks.gov/public-safety/child-safety</a>
Kansas Prevention Collaborative	<a href="http://www.kansaspreventioncollaborative.org/Default">http://www.kansaspreventioncollaborative.org/Default</a> <small>*Includes Kansas data for the 7 behavioral health indicators</small>
Your local Community Mental Health Center (CMHC)	<a href="https://www.kdads.ks.gov/commissions/behavioral-health/consumers-and-families/services-and-programs/community-mental-health-centers">https://www.kdads.ks.gov/commissions/behavioral-health/consumers-and-families/services-and-programs/community-mental-health-centers</a>

