

— 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.



## 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>

