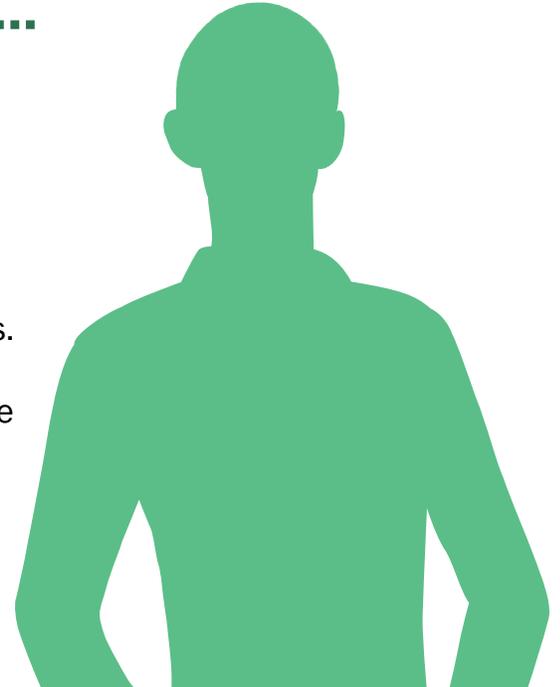


— Preventing Youth Suicide —

# 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<br>Kimi Gardner   785-296-4528   <a href="mailto:Kimi.Gardner@ks.gov">Kimi.Gardner@ks.gov</a><br><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 Prevention Collaborative   | <a href="http://www.kansaspreventioncollaborative.org/Default">http://www.kansaspreventioncollaborative.org/Default</a><br><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>  |

