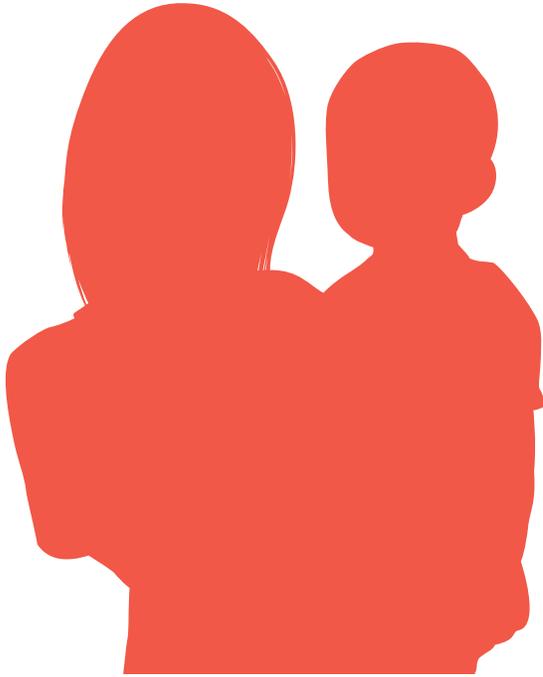


— Preventing Youth Suicide —

DO YOU KNOW WHAT TO DO?



If I am a parent, I can...

- **Be willing to listen** without judgment.
- **Be the one to help my child** seek mental and physical health care when needed.
- **Download the Columbia Suicide Severity Rating Scale** parent screener tool to know which questions to ask: <http://cssrs.columbia.edu/wp-content/uploads/Community-Card-Parents-2018c.pdf>.
- **Store my firearms and prescription/over the counter medications safely at home** to reduce the likelihood they will be used in a suicide crisis.
- **Take the National Alliance on Mental Illness (NAMI) Basics**, Family to Family, or Ending the Silence for Families training: <https://namikansas.org/programs/family/>.

Help and resources are available!

Organization	Contact Information
National Suicide Prevention Lifeline	1-800-273-8255 https://suicidepreventionlifeline.org/
Crisis Text Line	Text KANSAS to 741741 https://www.crisistextline.org/
Substance Abuse and Mental Health Services Administration (SAMHSA) Suicide Prevention Resources	https://www.samhsa.gov/find-help/suicide-prevention
Suicide Prevention Resource Center	https://www.sprc.org/
Kansas Suicide Prevention Resource Center	http://www.kansassuicideprevention.org/
National Alliance on Mental Illness - Kansas	https://namikansas.org/
Kansas School Safety Hotline	1-877-626-8203 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
Kansas Department for Aging and Disability Services (KDADS)	State Suicide Prevention Coordinator Kimi Gardner 785-296-4528 Kimi.Gardner@ks.gov <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	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

