



## Youth Suicide Prevention Art Contest Suicide Prevention Fact Sheet

[ksphq.org/Art-Contest](https://ksphq.org/Art-Contest)

Use this fact sheet to learn more about suicide prevention efforts in Kansas. This document provides links to data sources, helpful tips and resources for those experiencing crisis, and guidance for helping someone else navigate a crisis.

### If Someone Needs Help, What Resources Are Available?



- Call or Text **988** - The new number for the National Suicide Prevention Lifeline
  - On July 16, 2022, dialing 9-8-8 from any phone line will connect you, or someone you love, to a crisis call center staffed by trained crisis counselors.
  - The people of Kansas are served by three, 9-8-8 crisis call centers which are (Sedgwick County, Johnson County Mental Health Center, and Kansas Suicide Prevention HQ).
- Crisis Text Line; Text **“Kansas”** to 741 741
- Local Resources Near You:
  - NAMI Chapter** (<https://namikansas.org/>)
  - Local Community Mental Health Center** (<http://www.acmhck.org/resources/cmhc-map/>)
  - Local Prevention Coalition** (<https://kansaspredictioncollaborative.org/coalition-directory/>)

### Where Do I Find Data on Suicide in Kansas?

Sharing accurate data can be an important part of public health campaigns. Suicide prevention professionals often use data to help tell a story of how important suicide prevention is to the health of our communities and families. It is never the intention to make our communities feel hopeless about the problem of suicide, but rather to help people know they are not alone and that suicide can be prevented.

**The Kansas Communities that Care Survey** is an annual collection of responses from 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> graders. More information can be found at [www.kctcdata.org](http://www.kctcdata.org)

- The number of middle and high school students who report feeling depressed has been steadily increasing for the last 5 years. In January 2022, 38.4% reported experiencing symptoms of depression.
- The same survey found that in 2022, 5.3% of middle and high schools students attempted suicide while 12.5% made suicide plans, and 19.4% had serious thoughts of suicide.

**The Kansas Department of Health and Environment** tracks data related to suicide deaths each year. More information can be found at [http://kic.kdheks.gov/death\\_new.php#top](http://kic.kdheks.gov/death_new.php#top)



## Additional Sources of Suicide Prevention Data (links):

- [Kansas State Suicide Prevention Plan 2021-2025](#)
- [Kansas Violent Death Reporting System Infographic](#)
- [Trevor Project Youth Mental Health Report](#)

## What Are Some Warning Signs Related to Suicide?

The majority of people give some indication that they are thinking about suicide. Warning signs can be direct or indirect communications or behaviors by a person who is considering suicide. Professionals and lay people alike can learn to recognize warning signs in themselves and others. This is powerful knowledge that can be the first step in getting a person help for their crisis. Things to watch for include:

- Talking about or making plans for suicide
- Expressing feelings of being trapped or hopelessness about the future
- Showing overwhelming emotional pain or distress
- Worrisome behaviors or significant changes in behavior:
  - Withdrawal from social settings or social connections
  - Changes in sleep or appetite (increase or decrease)
  - Anger or hostility that is unusual
  - Increased agitation or irritability
  - Increased use of alcohol or other substances



## How Do I Help Someone in Crisis?

1. If you recognize a warning sign or are worried for any reason, ask the person directly about suicide. Asking if a person has been thinking about killing themselves will not give them ideas they did not have before being asked. It will communicate that you care about them.
2. Go to a trusted adult to get the person help. It is never fair or safe for you to be the only one who knows a person is thinking about suicide.
3. Call or Text 988 (the NSPL) for help figuring out what to do next. You do not have to be the person thinking about suicide to reach out for help.