Did you know…

- 20% of Kansas high school students have considered suicide in the last 12 months.
- Suicide is the 2nd leading cause of death for Kansas in age groups 15-24 and 25-44.
- On average, one person in Kansas dies by suicide approximately every 18 hours.
- Each day in the US, there are an average of 5240 suicide attempts by young people in grades 7-12.
- While women attempt suicide more often, 78% of suicide deaths in Kansas were men in 2016.
- 50% of suicide deaths in Kansas in 2016 involved a firearm.

How does it work?

When a call is placed to the National Suicide Prevention Lifeline, it is routed by area code to the closest crisis center. In Kansas, that call comes to Headquarters Counseling Center first.

Anyone can call for any reason, it's free and confidential. Our direct line is 785-841-2345 or through the National Suicide Prevention Lifeline 800-273-8255 (TALK).

As part of the National Suicide Prevention Line network, we are part of a 160-center network. Even if our counselors cannot answer, calls to the NSPL have a very high answer rate by "rolling" to the next crisis center. Online Chat is also available on our website.

Ways To Get Involved

- DONATE to Headquarters online at www.HeadquartersCounselingCenter.org
- Become a Sustaining Partner
- Promote the NSPL phone number
- Contact a local American Foundation for Suicide Prevention Chapter
- Join or start a local suicide prevention coalition
- Volunteer to serve as a counselor
- Plan an awareness event or fundraiser
- Organize a training at work or in your community
- Learn about restricting access to lethal means
- Share this brochure

Suicide is everyone's business, and YOU can do something to prevent it.

headquarters, inc.
211 E. 8th Street, Suite C
PO Box 999 • Lawrence, KS 66044
Office Phone 785-841-9900
www.HeadquartersCounselingCenter.org
www.KansasSuicidePrevention.org

Headquarters Counseling Center in Lawrence is the National Suicide Prevention Lifeline Crisis Center for Kansas.
For a productive workforce, we believe that mental health is essential. Building resiliency with resources available can help workers reach their full potential and focus on their work. Best practices to minimize the risks of suicide in the workplace include recognizing warning signs of suicide in the workplace.

KSPRC also offers customizable seminars for businesses and suicide prevention across the entire scope of Kansas. Suicide prevention is a priority need that aligns with the mission of the school districts, universities, and community organizations. Local mental health providers, community coalitions, and community organizations are working together to support their efforts.

The Kansas Suicide Prevention Resource Center (KSPRC) is the core component of KSPRC, offering services that are delivered through education and training to provide training and education to prevent suicide and to reduce the impact of suicide in Kansas.

If you or someone you know is thinking about suicide... please call for help.

Reach us free of charge 24/7 at
800-273-TALK (8255)

If you or someone you know is experiencing a mental health crisis, please call the KS Suicide Prevention Resource Center at 1-855-785-8411.

Suicide is a public health issue that impacts many.

Warning Signs
- Extreme mood swings
- Showing signs of sadness or depression
- Withdrawn and losing interest in activities
- Suppression of grief or anger
- Acting on give up or end life plans
- Taking extra precautions to access or purchase firearms
- Taking extra precautions to access or purchase prescription medicines
- Talking about feeling trapped or having no reason to live
- Talking about buying a gun or finding a way to kill themselves
- Searching for a way to kill themselves
- Thinking about suicide to the point of having no reason to live
- Talking about feeling trapped or having no reason to live
- Talking about buying a gun or finding a way to kill themselves
- Searching for a way to kill themselves
- Thinking about suicide to the point of having no reason to live

What we offer:
- Crisis Support
- Advocacy
- Training
- Suicide Prevention Resource Center
- 24/7 Crisis Support
- Kansas Suicide Prevention Resource Center
- Kansas state suicide prevention resources are available through the Kansas Suicide Prevention Resource Center.