

Did you know...

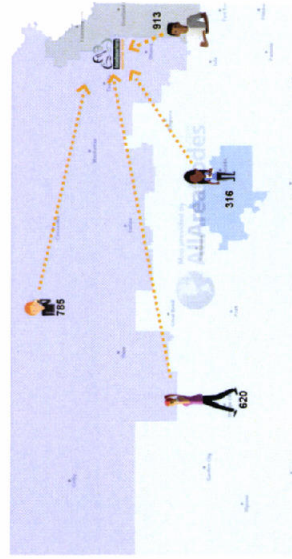
- 20% of Kansas high school students have considered suicide in the last 12 months.
- Suicide is the 2nd leading cause of death for Kansas in age groups 15-24 and 25-44.
- 512 Kansans died by suicide in 2016; 477 in 2015.
- On average, one person in Kansas dies by suicide approximately every 18 hours.
- 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.

Kansas
Suicide
Prevention
RESOURCE CENTER

NATIONAL
**SUICIDE
PREVENTION
LIFELINE**
1-800-273-TALK (8255)
suicidepreventionlifeline.org



headquarters
COUNSELING CENTER

**We Are Here
To Listen**

24/7 Crisis Center & Resource Center

800-273-TALK (8255)
or 785-841-2345

or chat online at
HeadquartersCounselingCenter.org

What We Offer

- **24/7 Crisis Support**
- **Suicide Prevention Resource Center**
- **Training**
- **Advocacy**

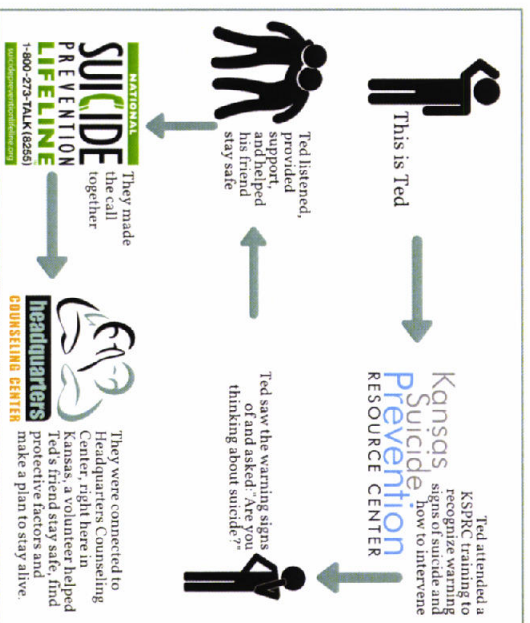


headquarters
COUNSELING CENTER

Headquarters, Inc. is a 501(c)(3) non-profit organization serving the community since 1969. Headquarters, Inc. serves the entire state of Kansas operating both the Kansas Suicide Prevention Resource Center (KSPRC) and Headquarters Counseling Center (HQCC).

headquarters, inc.

is here to help those in **crisis** when they reach out to us, but Headquarters, Inc. is also here for **outreach** to those who need our support in order to prevent suicide.



Warning Signs

- Talking about wanting to die or to kill themselves
- Looking for a way to kill themselves, like searching online or buying a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or isolating themselves
- Showing rage or talking about seeking revenge
- Extreme mood swings

*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)
or 785-841-2345

Stay In Touch

HeadquartersCounselingCenter.org

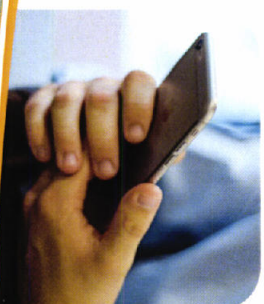
KansasSuicidePrevention.org



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Statewide Suicide Prevention in Kansas

Suicide is a public health issue that impacts many Kansans. Far too many lives are lost due to a lack of effective prevention. Headquarters, Inc. is working collaboratively with state and local entities to improve the effectiveness of suicide prevention across Kansas through a variety of means.

Headquarters Counseling Center is a Contact USA accredited crisis center for the National Suicide Prevention Lifeline. HQCC is the only state-wide NSPL Crisis Center in Kansas. We offer counseling for anyone experiencing suicidal thoughts, concerned about someone else, or who has been impacted by suicide. The crisis center is funded by individual, foundation, and business donations; and in-part by the KU Student Senate.

HQCC uses extensively-trained volunteers and paid staff to support the 24/7 crisis center's operations. In addition to answering phones for the NSPL, HQCC also offers online chat, walk-in counseling, and ongoing private counseling sessions through our student clinic. All counseling is confidential.

The Kansas Suicide Prevention Resource Center (KSPRC), operated by Headquarters, Inc., offers training and technical assistance to communities and professional across the state. Our staff partners with community coalitions, local mental health providers, schools, universities, and concerned members of the community to assess needs and strengths to advance suicide prevention across the entire state of Kansas.

KSPRC also offers customizable seminars for businesses in the community. Presentations include how to recognize warning signs of suicide in the work place, how to engage co-workers needing support, and building familiarity with the resources available locally. We believe that mental health in business is essential for a productive workforce.

Training@HeadquartersCounselingCenter.org
or Monica@KansasSuicidePrevention.org