

Suicide Prevention

Suicide is rarely about death. According to Kansas Suicide Prevention HQ, most people who consider suicide don't want to die. They seek to end the intense pain in which they live.

Mood disorders, particularly depression, are major contributing risk factors for someone considering suicide. Additionally, alcohol and drug abuse increase the likelihood of self-injury.

Evidence indicates that adequate prevention and treatment of depression and substance abuse can reduce suicide rates. Follow-up contact with those who have attempted suicide also decreases the risk of repeated attempts.

Statistics

- Every day one person dies by suicide in Kansas.
- 2nd leading cause of death for the 15 -34 age group.
- 9th leading cause of death in Kansas and the United States.
- 18.1% of high school students have thoughts of suicide.
- The rate of suicide per 100,000 people is 27.5% higher in Kansas when compared to national rates in the U.S.

*Information for this flyer provided by ACMHCK
Marketing and Development Committee, and ksphq.org.*

Potential Signs

- Observable serious depression:
 - Unrelenting low mood
 - Pessimism
 - Hopelessness
 - Desperation
 - Anxiety, emotional pain, and inner tension
- Withdrawal from friends and family
- Sleep problems
- Increased alcohol and/or drug use
- Recent impulsiveness and taking unnecessary risks
- Threats of suicide or strong statements about wishing to die
- Making a plan:
 - Seeking access to pills, weapons, or other means
- Unexpected rage or anger

What to do if you see someone showing signs?

If a family member or friend mentions suicide, take them seriously.

Do not leave them alone.

SEEK ASSISTANCE Call 988

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How You Can Help

Looking out for friends and loved ones is an important part of preventing suicide. Take comments seriously and respond with compassion. Avoid being judgmental or debating about if suicide is right or wrong. Validate the person's feelings, whether you agree with them or not.

Thoughts of suicide are often a symptom of a treatable illness or disorder. Encourage anyone at risk for suicide to reach out for help from a friend, family member, mental health professional, counselor, clergy, and other community members.

Best Practices

- Be direct and talk openly and matter-of-factly.
- Ask the question: "Are you thinking about suicide?"
- Listen nonjudgmentally and allow the individual to express their emotions and feelings.
- Don't be sworn to secrecy.
- Encourage hope. Share that help is available.
- Take action. Remove lethal means, such as guns or stockpiled pills.
- Seek support from a mental health professional. Get help immediately.

Protective Factors

- Effective behavioral health care.
- Strong connections to individuals, family, community, and social institutions.
- Life skills (including problem-solving and coping skills, ability to adapt to change).
- Self-esteem and a sense of purpose or meaning in life.

We can all help prevent suicide. The 988 Lifeline provides 24/7, free, and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Call or text the 988 Suicide and Crisis Lifeline if you or someone you know is in need.

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*We are here for you
whenever you need us.*

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