

Sources of Strength

Southeast Kansas
Mental Health
Center



SOURCES
OF STRENGTH

Empower a Well World

Suicide Prevention and Mental Health Promotion Program

What does the program cover?

The program employs eight Strengths, or protective factors:

- Family support
- Positive Friends
- Mentors
- Healthy Activities
- Generosity
- Spirituality
- Physical Health
- Mental Health

These Strengths boost resilience in young people, with evidence showing that the further we move upstream to build protection and health in people's lives, the better equipped they will be to navigate the natural ups and downs of life.

Who we are

Mission and Vision

We provide exceptional training and curriculum for youth and adults, utilizing a strength-based and upstream approach to mental health promotion and prevention of adverse outcomes like suicide, violence, bullying, and substance misuse.

Core Values

- **Radically Strengths-Based** - Stories of strength are transformative.
- **Bring the Joy** - We embrace fun, laughter, and joy as tools for healing and connection.
- **Embrace the Journey** - We continuously learn and grow, never fully arriving at a destination.
- **Work the Wheel** - We authentically practice what we preach, pursuing wellness, kindness, and strength.
- **Practice Holistic Humility** - We stay grounded when we celebrate and learn from the collective efforts of those around us.

***Visit our site to set up a course
with our certified instructors.***

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**www.sekmhc.org
(866) 973-2241**