



Suicide

You can help prevent suicide.

Suicide rates



Suicide is the **second leading cause of death** among individuals between the ages of 15-24.

The suicide rate in Kansas is up **64%** since 2005. This is the 5th highest rate of increase in the U.S., only four states had a higher rate of increase than Kansas.

Signs to be aware of



- Sadness, hopeless, tearful, crying
- Irritable, angry, hostile
- Loss of interest, apathy, withdrawn
- Fatigue, lack of energy
- Feeling worthless, guilty
- Restless, agitated
- Changes in eating, sleeping, hygiene

If your child says nothing is wrong but has no explanation for depressed behavior – trust your instincts and remember that we all struggle sometimes.

Encouraging kids to open up



- Be loving and non-judgmental
- Tell them what specific things you see and why they worry you
- Understand there may be reluctance to open up

Help is available

If you are worried about someone else or are in mental health distress yourself, reach out to a 24-hour service:

- Headquarters Counseling Center: 785-841-2345
- Crisis Text Line: "Kansas" to 741741
- Download the My3 suicide safety app
- 988 Suicide and Crisis Lifeline

Parents can prevent suicide by:

- ✓ Offer support
- ✓ Listen without lecturing
- ✓ Be gentle, but persistent
- ✓ Validate their feelings

If you think your child may be suicidal, ask them directly



If they answer yes:

- Ask about a plan
- Listen – threats about suicide must be taken seriously
- Be non-judgmental and offer empathy
- Do not leave them alone
- Connect them with professional help
- Continually follow-up with them
- Call the National Suicide Prevention Lifeline with them (800) 273-8255

Immediate warning signs



- Talking or writing about suicide
- Has a plan
- Expressing hopelessness about the future
- Making preparations for suicide (giving away belongings, writing a suicide note, looking for means to attempt suicide)