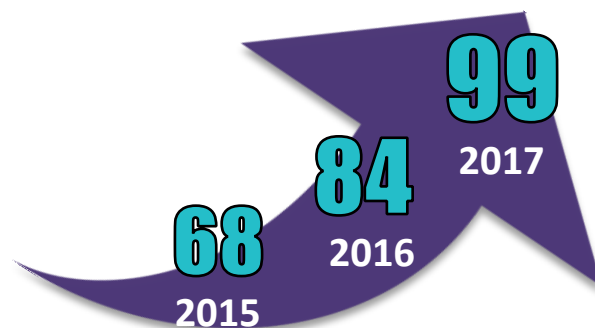


Kansas Youth Suicide Awareness

In Kansas, every **3.69 days** on average a young person (ages 10-24) is lost to the **"silent epidemic"** of youth suicide.

Image credit: pixabay.com



Kansas youth and young adults ages 10-24 died due to suicide.

**CDC's 2017 WISQARS National Data Report*

For **elementary and middle school students** (ages 10-14) **suicide** is the

2nd leading cause of death.

For **middle and high school students** (ages 12-18) **suicide** is the

leading cause of death.

For **college age youth** (ages 19-24) **suicide** is the

2nd leading cause of death.

**2017 Kansas Department of Health and Environment Annual Summary of Vital Statistics*

The Jason Flatt Youth Suicide Awareness Act



Passed by the Kansas Legislature and signed by the governor in 2016.

- Each school district will provide suicide awareness and prevention training for **ALL** school personnel.
- Requires at least one hour of suicide awareness and prevention training annually.
- Parents and guardians will be notified and training materials made available for review.
- Each building must develop a crisis plan that includes: recognition of suicide ideation; appropriate interventions; and a crisis recovery plan.

<http://jasonfoundation.com/about-us/jason-flatt-act/kansas>



Families Together, Inc.
(800) 264-6343
www.familiestogetherinc.org



www.ksdetasn.org/smhi

Kansas Parent Information
Resource Center
(866) 711-6711
www.kpirc.org



The TASN School Mental Health Initiative (SMHI) is funded through a grant from the U.S. Department of Education (#H323A17006) and is administered by the Kansas Department of Education. The contents do not necessarily represent the policy of the U.S. Department of Education and endorsement by the Office of Special Education Programs should not be assumed. The SMHI does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. Inquiries regarding non-discrimination policies should be sent to: Deputy Director, Keystone Learning Services, 500 E. Sunflower Blvd., Ozawie, KS 66070; 785-876-2214.

1 in 4experienced sad or
hopeless feelings**1 in 6**considered
attempting suicide**1 in 8**made a plan to
commit suicide**1 in 12**attempted suicide
in the past year

Kansas youth and young adults ages 10-24

**CDC's 2017 WISQARS National Data Report*

Image credit: kissclipart.com

Risk Factors

- History of problems at home or school
- Low self-esteem
- Mental illness, other disabilities
- Feeling isolated
- Abuse of alcohol or drugs
- Bullying
- Struggling with sexual orientation and identity
- Stressful events (e.g. trouble with the law, unwanted pregnancy, not meeting parental expectations)

**These are examples of possible risk factors.*

Warning Signs



Anxiety or depression, a sense of hopelessness



Withdrawal from friends or family, personality change



Negative view of self, self harm



Frequently talking about death, even jokingly



Previous suicide attempts, family history



Increased use of substances



Engaging in risky behaviors

**These are examples of possible warning signs.*

Image credit: thenounproject.com

What Can You Do Today?

- Talk with your teen about your concerns; ask him/her directly about suicidal thoughts.
- Have a discussion with your child about what to do if they are concerned about themselves or a friend.
- Monitor your teen's whereabouts and communications (texting, social media) with the goal of promoting safety.
- Maintain a supportive and involved relationship with your child.
- Help your teen develop strong communication skills.
- Get medical care for depression and substance use.

Image credit: pixbay.com

Resources

The Parent Resource Program: The Jason Foundation - <http://prp.jasonfoundation.com/>

The Society for the Prevention of Teen Suicide - www.sptsusa.org/parents

Kansas Suicide Prevention Resource Center - <http://www.kansassuicideprevention.org/>