**INFORMATION FOR PARENTS IN SMORE AND ON THE SU WEBSITE**

**SEPTEMBER 9 – SEPTEMBER 15, 2018 – NATIONAL SUICIDE PREVENTION WEEK.** National Suicide Prevention Week is an annual week-long campaign in the United States to inform and engage health professionals and the general public about suicide prevention and warning signs of suicide.

**Sobering Facts:** From 1999 – 2016 the rate of suicide in Kansas increased by 45% which was among the largest increases nationwide. Kansas is ranked 19th overall among highest suicide rates in the US. In Kansas, suicide is the 2nd leading cause of death for youth ages 10 – 24. (CDC)

**The Good News:** Suicide is preventable, and help is available. Learn the warning signs and how to support someone who is at risk. Look for information on the Sunflower website.

* FACTS – Learning the warning signs

**Protective Factors:** Protective factors are personal or environmental characteristics that help protect people from suicide. Protective factors include the following:

* Effective mental health care
* Connectedness to individuals, family, community, and social institutions.
* Life skills including problem solving skill, coping skills, and the ability to adapt to change.
* Self-esteem and a sense of purpose or meaning in life

**Suicide Risk Assessments and Assistance:**

|  |  |  |
| --- | --- | --- |
| National Suicide Prevention Lifeline | **1-800-273-TALK** **1-800-273-8255** |  |
| National Hopeline Network | **1-800-SUICIDE****1-800-784-2433** |  |
| Johnson County Mental Health Center 24 hour crisis  | **913-268-0156** | http://www.jocogov.org/dept/mental- health/homeMission Office- 913- 831-2550Olathe Office- 913- 715-7700 |
| Marrilac 24 hour hotline | **913-951-4444** | <http://www.marillac.org/>Overland Park- 913- 681-5437  |
| KU Behavioral Pediatrics- 24 hour line- 588-5000 | **913-588-5000** | [http://www.kumc.edu/school-of- medicine/pediatrics/pediatric- divisions/behavioral-pediatrics.html](http://www.kumc.edu/school-of-%20medicine/pediatrics/pediatric-%20divisions/behavioral-pediatrics.html)Office: 913-588-5900  |
| Children’s Mercy Behavioral Health |  | http://www.childrensmercy.org/Clinics\_a nd\_Services/Clinics\_and\_Departments/D evelopmental\_and\_Behavioral\_Sciences /Office: 816-234-3674 Toll free: 1-866-512- 2168 |