

Suicide can be a very tough subject to discuss. While it is tough, it is also very important that youth know who they can reach out to if they are needing assistance or support with their mental health.

Before doing this presentation, please notify your school social worker, counselor and/or support staff within your building or organization to let them know the topic of suicide is being covered. The information in this toolbox is for education purposes only and is not intended to provide medical advice for anyone who requires medical care.

Don't hesitate to reach out to the Johnson County Mental Health Center if you are feeling suicidal, thinking about hurting yourself, or are concerned that someone you know may be in danger of hurting himself or herself. The 24/7 Crisis Line is available at **913-268-0156**. This is a great resource if you personally need help or if you are working with a youth and/or family. You will always reach a trained mental health professional who can assist in getting the person the most appropriate and best help.

**Other resources include:**

- National Suicide Prevention Lifeline – 1-800-273-8255
- National Crisis Text Line – 741741

**Additional training opportunities:**

As the teacher, educator, adult advisor, etc., if you want to learn more about these topics, please reach out to Prevention Services at the Johnson County Mental Health Center. Below are some training options:

- *Mental Health First Aid (MHFA)* – 8-hour course which covers a variety of mental illness and teaches participants how to help someone who is experiencing a mental health crisis. [mentalhealthfirstaid.org](http://mentalhealthfirstaid.org)
- *Question, Persuade, Refer (QPR)* – 90 minute training that works to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training. [qprinstitute.com](http://qprinstitute.com)
- *Applied Suicide Intervention Skills Training (ASIST)* – Two-day suicide first aid training where you will learn how to prevent suicide by recognizing signs, providing a skilled intervention and developing a safety plan to help keep someone alive. [livingworks.net/asist](http://livingworks.net/asist)
- *Sources of Strength* - Youth suicide prevention program designed to harness the power of peer social networks to change unhealthy norms and culture, ultimately preventing suicide, bullying, and substance abuse. The mission of Sources of Strength is to prevent suicide by increasing help seeking behaviors and promoting connections between peers and caring adults. [Sourcesofstrength.org](http://Sourcesofstrength.org)

Contact information for Prevention Services: 913-715-7880 or [jcmhinfo@jocogov.org](mailto:jcmhinfo@jocogov.org)