

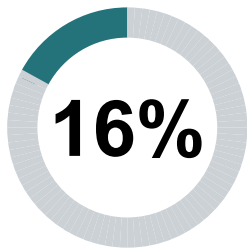


# September is Suicide Prevention Awareness Month



All month, mental health advocates, prevention organizations, survivors, allies and community members unite to promote suicide prevention awareness. **National Suicide Prevention Week** is the Monday through Sunday surrounding World Suicide Prevention Day. It's a time to share resources and stories, as well as promote suicide prevention awareness. **World Suicide Prevention Day** is September 10. It's a time to remember those affected by suicide, to raise awareness and to focus efforts on directing treatment to those who need it most.

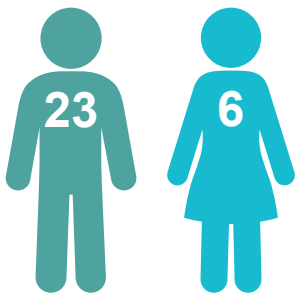
## Kansas Data Children



Among the 176 non-natural child deaths in Kansas (those aged 1-17), 16% were determined to be deaths by suicide.

**Second** leading cause for people ages 10-14 and 25-34

According to the Centers for Disease Control and Prevention, in 2022, deaths by suicide was the second leading cause of death for people ages 10-14 and 25-34.<sup>1</sup>



Of these deaths, 23 were male and six were female.

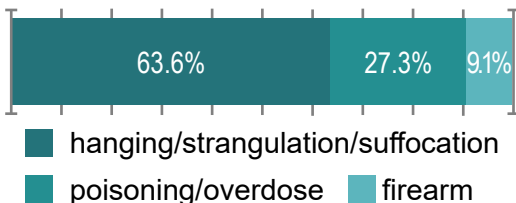
## Maternal

Consistent with national studies, adolescent females are more likely to attempt suicide, but adolescent males are more likely to complete it.<sup>2</sup>

Among the 105 pregnancy-associated deaths in Kansas, 10.5% were determined as death by suicide.

Five who ended their own life occurred during a pregnancy (45.5%), five died by suicide between 43 to 365 days postpartum (45.5%) and one death by suicide occurred within 42 days postpartum (9.1%).<sup>3</sup>

### People Who Died by Suicide (Method)



5 during pregnancy



1 within 42 days postpartum



5 43 to 365 days postpartum

# Resources

## Awareness Materials

- [988 Suicide and Crisis Lifeline](#)
- [Kansas Department of Health and Environment Suicide Prevention Social Media Toolkit](#)
- [National Institute of Mental Health](#)
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)
- [The Jason Foundation](#)

## Kansas Data

- [Kansas Child Death Review Board Reports](#)
- [Kansas Department of Health and Environment Data Dashboard](#)
- [Kansas Health Statistics Report, Issue 98](#)
- [Kansas Maternal Mortality Review Committee Reports](#)

## Other

- Order promotional materials: [988](#), [Kansas Department of Health and Environment](#) and [National Maternal Mental Health Hotline](#).
- Take and/or host a community-wide [suicide prevention training](#).
- [Zero Suicide Toolkit](#) is a guide for systematic change in Health Care and Behavioral Health Care systems.
- [Help Prevent Suicide](#).

# References

1. National Vital Statistics System, Mortality 2018-2022 on CDC WONDER Online Database, released in 2024. Data are from the Multiple Cause of Death Files, 2018-2022, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at [wonder.cdc.gov/mcd-icd10-expanded.html](https://wonder.cdc.gov/mcd-icd10-expanded.html) on April 23, 2024.
2. Kansas Child Death Review Board, 2023 Annual Report (2021 Data) available at [ag.ks.gov/docs/default-source/reports/scdrb/2023-scdrb-annual-report-final.pdf?sfvrsn=e98abf1a\\_4](https://ag.ks.gov/docs/default-source/reports/scdrb/2023-scdrb-annual-report-final.pdf?sfvrsn=e98abf1a_4).
3. Kansas Maternal Mortality Review Committee Report (2016-2020) available at [kmmrc.org/resources/reports](https://kmmrc.org/resources/reports).

# Call to Action

Everyone has a role to play in prevention suicide. Use the #BeThe1To five action steps to help someone who might be experiencing a crisis. These steps have been proven to help others find hope and support.



#BeThe1To  
**ASK.**

Find out why this can save a life at [www.BeThe1To.com](http://www.BeThe1To.com)  
If you're struggling, call the Lifeline at 988



#BeThe1To  
**PREGUNTAR.**

Averigua por qué esto puede salvar una vida en [www.BeThe1To.com](http://www.BeThe1To.com)  
 Si tienes problemas, llama a Lifeline al 1-888-628-9454

Research shows that people thinking about suicide feel better when someone cares and asks about them. Talking about suicide can help make those thoughts go away.

Las investigaciones demuestran que las personas que piensan en el suicidio se sienten mejor cuando alguien se preocupa y les pregunta como están. Hablar del suicidio puede ayudar a que esos pensamientos desaparezcan.



#BeThe1To  
**KEEP THEM SAFE.**

Find out why this can save a life at [www.BeThe1To.com](http://www.BeThe1To.com)  
If you're struggling, call the Lifeline at 1-800-273-TALK (8255)



#BeThe1To  
**MANTENERLOS SEGUROS.**

Averigua por qué esto puede salvar una vida en [www.BeThe1To.com](http://www.BeThe1To.com)  
Si tienes problemas, llama a Lifeline al 1-888-628-9454

Studies show that when lethal items are harder to get, fewer people die by suicide, and sometimes, fewer people try to end their lives.

Los estudios muestran que cuando los objetos letales son más difíciles de conseguir, menos personas mueren por suicidio y, a veces, menos personas intentan acabar con sus vidas.



#BeThe1To  
**BE THERE.**

Find out why this can save a life at [www.BeThe1To.com](http://www.BeThe1To.com)  
If you're struggling, call the Lifeline at 988



#BeThe1To  
**ESTAR PRESENTE.**

Averigua por qué esto puede salvar una vida en [www.BeThe1To.com](http://www.BeThe1To.com)  
Si tienes problemas, llama a Lifeline al 1-888-628-9454

People feel less down, less like hurting themselves, less stressed, and more hopeful after talking to someone who listens without judgement.

Las personas se sienten menos deprimidas, con menos ganas de hacerse daño, menos estresadas y más esperanzadas después de hablar con alguien que escucha sin juzgar.



#BeThe1To  
**HELP THEM CONNECT.**

Find out why this can save a life at [www.BeThe1To.com](http://www.BeThe1To.com)  
If you're struggling, call the Lifeline at 988



#BeThe1To  
**AYUDARLOS A CONECTARSE.**

Averigua por qué esto puede salvar una vida en [www.BeThe1To.com](http://www.BeThe1To.com)  
Si tienes problemas, llama a Lifeline al 1-888-628-9454

Studies show that helping someone build a support team and find resources can help them feel safer and more hopeful.

Los estudios demuestran que ayudar a alguien a formar un equipo de apoyo y a encontrar recursos puede ayudarlo a sentirse más seguro y esperanzado.



#BeThe1To  
**FOLLOW UP.**

Find out why this can save a life at [www.BeThe1To.com](http://www.BeThe1To.com)  
If you're struggling, call the Lifeline at 1-800-273-TALK (8255)



#BeThe1To  
**DAR SEGUIMIENTO.**

Averigua por qué esto puede salvar una vida en [www.BeThe1To.com](http://www.BeThe1To.com)  
Si tienes problemas, llama a Lifeline al 1-888-628-9454

Studies show that short intervention and ongoing support can be very important for preventing suicide, especially for people who have just left the hospital or care services.

Los estudios demuestran que una intervención breve y un apoyo continuo pueden ser muy importantes para prevenir el suicidio, especialmente en personas que acaban de salir del hospital o de los servicios de atención médica.



#BeThe1To  
If you think someone might be considering suicide, be the one to help them by taking these 5 steps:  
**ASK. KEEP THEM SAFE. BE THERE. HELP THEM CONNECT. FOLLOW UP.**

Find out why this can save a life at [www.BeThe1To.com](http://www.BeThe1To.com)  
If you're struggling, call the Lifeline at 988



#BeThe1To  
Si cree que alguien podría estar considerando suicidarse, ayude dando estos 5 pasos:  
**PREGUNTAR. ESTAR PRESENTE. DAR SEGUIMIENTO. MANTENERLOS SEGUROS. AYUDARLOS A CONECTARSE.**

Averigua por qué esto puede salvar una vida en [www.BeThe1To.com](http://www.BeThe1To.com)  
Si tienes problemas, llama a Lifeline al 1-888-628-9454

Get stories, resources, research, and events at the #BeThe1To website.

Obtenga historias, recursos, investigaciones y eventos en el #BeThe1To sitio web.

## Get Involved

Join a [prevention coalition](#) and have influence. Get involved to help create a safer, healthier community for everyone. Your voice and actions matter, and together, we can prevent deaths by suicide and support each other. Be part of the change!

# Social Media Posts

## Support Hotlines and Prevention Apps

CALL OR TEXT



The [988 Suicide & Crisis Lifeline](#) provides 24/7, free and confidential support for people in distress. Call or text 988 to chat with a trained crisis counselor.

La [línea 988 de prevención del suicidio y crisis](#) brinda 24/7, apoyo gratuito y confidencial a personas en peligro. Llame o envíe un mensaje de texto al 988 para contactarse con un asesor de crisis capacitado.



The [National Maternal Mental Health Hotline](#) provides 24/7, free, confidential support, resources and referrals to any pregnant and postpartum mothers facing mental health challenges and their loved ones.

Call or text 1-833-TLC-MAMA (1-833-852-6262) to connect with trained counselors.

La [National Maternal Mental Health Hotline](#) brinda 24/7, gratis, apoyo confidencial, recursos y referencias a todas las madres embarazadas o en posparto y a sus seres queridos que se enfrentan a problemas de salud mental.

Llame o envíe un mensaje de texto al 1-833-TLC-MAMA (1-833-852-6262) para comunicarse con asesores capacitados.



A free app called “Kansas – A Friend AsKS” has been developed in partnership with [The Jason Foundation](#) and can be found in both the Apple App Store and the Google Play Store.

La aplicación móvil gratuita llamada “Kansas – A Friend AsKS” ha sido desarrollada en colaboración con [The Jason Foundation](#) y puede encontrarse tanto en Apple App Store como en Google Play Store.



Save the number, save a life. Add the [@988 Suicide & Crisis Lifeline](#) (988) to your phone now—it could save a life later. Trained crisis counselors are available to talk 24/7/365. Visit [go.nih.gov/Mw4Tli9](https://go.nih.gov/Mw4Tli9) for more information. #suicideprevention #SPM24

Guarde el número, salve una vida. Agregue [@988 Línea de Prevención del Suicidio y Crisis](#) (988) a su teléfono inmediatamente; podría salvar una vida más adelante. Hay asesores capacitados para casos de crisis disponibles para hablar 24/7/365. Visite: [go.nih.gov/Mw4Tli9](https://go.nih.gov/Mw4Tli9) para obtener más información. #suicideprevention #SPM24



How can you make a difference in suicide prevention? Learn about what to do if you think someone might be at risk for self-harm by reading these 5 Action Steps for Helping Someone in Emotional Pain. Learn more from [#BeThe1To](#) [bethe1to.com/bethe1to-steps-evidence/#suicideprevention#SPM24](https://bethe1to.com/bethe1to-steps-evidence/#suicideprevention#SPM24)

¿Cómo puede usted hacer la diferencia en la prevención del suicidio? Aprenda sobre lo que debe hacer si cree que alguien podría estar en riesgo de hacerse daño leyendo estos 5 Pasos de Acción para Ayudar a Alguien con Dolor Emocional. Aprenda más de [#BeThe1To](#) [bethe1to.com/bethe1to-steps-evidence/#suicideprevention#SPM24](https://bethe1to.com/bethe1to-steps-evidence/#suicideprevention#SPM24)

# Social Media Posts

## Maternal and Parental Mental Health



**National Maternal Mental Health Hotline**  
HRSA

For Emotional Support & Resources  
CALL OR TEXT 1-833-TLC-MAMA  
(1-833-852-6262)

ALWAYS FREE — 24/7 — CONFIDENTIAL — 60+ LANGUAGES

Are you a new parent and feeling sad, worried, overwhelmed, or concerned that you aren't good enough? You aren't alone. You aren't to blame. With help, you can feel better. Call or text 1-833-TLC-MAMA (1-833-852-6262) to connect with counselors at the National Maternal Mental Health Hotline. Learn more about the National Maternal Mental Health Hotline: [mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline](https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline).

#SuicidePrevention #MaternalMentalHealth #TLCMAMA



**Línea Nacional de Asistencia a la Salud Mental Materna**  
HRSA

Para obtener apoyo emocional y recursos  
LLAMA O MANDA UN MENSAJE  
DE TEXTO al 1-833-TLC-MAMA  
(1-833-852-6262)

GRATIS — 24/7 — CONFIDENTIAL — MÁS DE 60+ IDIOMAS

¿Es usted madre primeriza y se siente triste, preocupada, abrumada o angustiada y cree que no puede más? Usted no está sola. Usted no tiene la culpa. Con ayuda, usted puede sentirse mejor. Llame o envíe un mensaje de texto al 1-833-TLC-MAMA (1-833-852-6262) para comunicarse con los asesores de la National Maternal Mental Health Hotline. Aprenda más sobre la National Maternal Mental Health Hotline: [mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline](https://mchb.hrsa.gov/programs-impact/national-maternal-mental-health-hotline).

#SuicidePrevention #MaternalMentalHealth #TLCMAMA

**You're not alone.**



**National Maternal Mental Health Hotline**  
HRSA

For Emotional Support & Resources  
CALL OR TEXT 1-833-TLC-MAMA  
(1-833-852-6262)

ALWAYS FREE — 24/7 — CONFIDENTIAL — 60+ LANGUAGES

Becoming a new parent can be hard. It is normal to feel down, worried, and overwhelmed after having a baby. You are not alone. Mental health challenges are common during this time and there is no shame in seeking help. If you need someone to talk to, call or text the National Maternal Mental Health Hotline at 1-833-TLC-MAMA (1-833-852-6262) any time. It's free and confidential.

#MaternalMentalHealth #TLCMAMA

**Usted no está solo.**



**Línea Nacional de Asistencia a la Salud Mental Materna**  
HRSA

Para obtener apoyo emocional y recursos  
LLAMA O MANDA UN MENSAJE  
DE TEXTO al 1-833-TLC-MAMA  
(1-833-852-6262)

GRATIS — 24/7 — CONFIDENTIAL — MÁS DE 60+ IDIOMAS

Convertirse en madre primeriza puede ser difícil. Es normal sentirse deprimida, preocupada y abrumada después de tener un bebé. No está sola. Los problemas de salud mental son comunes durante este período y no hay que avergonzarse por buscar ayuda. Si necesita hablar con alguien, llame o envíe un mensaje de texto a la National Maternal Mental Health Hotline al 1-833-TLC-MAMA (1-833-852-6262) en cualquier momento. Es gratuito y confidencial.

#MaternalMentalHealth #TLCMAMA

**Not Feeling Like Yourself?**  
Let's Talk About It.



**National Maternal Mental Health Hotline**  
HRSA

For Emotional Support & Resources  
CALL OR TEXT 1-833-TLC-MAMA  
(1-833-852-6262)

ALWAYS FREE — 24/7 — CONFIDENTIAL — 60+ LANGUAGES

The National Maternal Mental Health Hotline offers a text messaging feature! If you prefer texting over talking on the phone, this may be the perfect option for you. Text 1-833-852-6262 to connect with a trained counselor who can provide support, resources, and information on maternal mental health. Whether you're a new or expecting parent, or supporting a friend, family member, client, or patient, the Hotline is here for you. Don't hesitate to reach out for help – the hotline is just a text away.

#MaternalMentalHealth #TLCMAMA

**¿No te sientes como tú misma?**  
Vamos a platicar al respecto.



**Línea Nacional de Asistencia a la Salud Mental Materna**  
HRSA

Para obtener apoyo emocional y recursos  
LLAMA O MANDA UN MENSAJE  
DE TEXTO al 1-833-TLC-MAMA  
(1-833-852-6262)

GRATIS — 24/7 — CONFIDENTIAL — MÁS DE 60+ IDIOMAS

¡La National Maternal Mental Health Hotline ofrece una función de mensajes de texto! Si prefiere enviar mensajes de texto en lugar de hablar por teléfono, esta puede ser la opción perfecta para usted. Envíe un mensaje de texto al 1-833-852-6262 para comunicarse con un consejero capacitado que pueda brindarle apoyo, recursos e información sobre salud mental materna. Ya sea que sea una madre primeriza o que esté esperando un bebé, o si está apoyando a un amigo, familiar, cliente o paciente, la línea directa está aquí para ayudarlo. No dude en solicitar ayuda – la línea directa está a solo un mensaje de texto de distancia.

#MaternalMentalHealth #TLCMAMA

# Social Media Posts

## General Messaging



It's #SuicidePreventionMonth. Create hope in your family and your community by educating yourself about suicide prevention. Learn the warning signs and risk factors for suicide, how to support someone considering suicide, and familiarize yourself with the @988Lifeline.

#suicideprevention #SPM24



Es el #MesDeLaPrevenciónDelSuicidio (#SuicidePreventionMonth). Infunda esperanza en su familia y su comunidad educándose sobre la prevención del suicidio. Conozca las señales de advertencia y los factores de riesgo de suicidio, ¿Cómo apoyar a alguien que está considerando suicidarse, y familiarícese con @988Lifeline?

#suicideprevention #SPM24