

SUICIDE PREVENTION

KNOW THE SIGNS:

- **TALK:** No reason to live. Feeling trapped. Being a burden to others. Unbearable pain. Talk of killing themselves.
- **BEHAVIOR:** Increased alcohol/drug use. Isolation from family and friends. Sleeping too little/too much. Withdrawing from activities. Seeking access to pills/weapons or other means.
- **MOOD:** Depression. Loss of interest. Rage. Irritability. Humiliation. Anxiety.

Suicide FACTS:

- **Every 12 minutes**, someone in the US dies from suicide.
- **Every 3.6 days**, someone in *Sedgwick County* dies from suicide.
- Suicide is the **10th leading cause** of death in *America*.
- After cancer and heart disease, **suicide accounts for more years of life lost** than any other cause of death.

WHAT SHOULD YOU DO IF YOU SEE THE WARNING SIGNS?

- **Take it seriously**, if someone mentions suicide.
- **Talk openly** and matter-of factly about suicide.
- **Be willing to listen**. Allow expressions of feelings. Accept the feelings.
- **Offer hope** that help is available.
- **Do not** leave him or her alone.
- **Get help immediately!**

Access the COMCARE
Community Crisis Center
635 N. Main - Wichita

316-660-7500 - 24 hours/7 days a week



What services are provided through the Community Crisis Center?

- 24-hour walk-in assessment and crisis intervention service
- Sobering/detox services
- 23-hour crisis observation unit
- Mobile crisis services
- Short-term crisis residential/stabilization services
- 24/7 suicide prevention hotline
- Crisis peer support services

National Suicide Prevention Lifeline
800-273-8255 or text "Hello" to 741741 (24/7)
suicidepreventionlifeline.org



www.sedgwickcounty.org

*Sedgwick County...
working for you*

MAKE YOUR HOME SUICIDE-SAFER

PREVENT SUICIDE THROUGH LETHAL MEANS REDUCTION



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Permission and use of this brochure provided by
Oakland County Youth Suicide Prevention
oakgov.com/SuicidePreventionn

SUICIDE-SAFE TIPS

Firearms

- Ask a trusted friend or family member to keep it temporarily.
- If you can't remove from the home, securely lock firearm and ammunition separately.

Medications

Follow the **M.E.D.S.** method:

- **Monitor:** Keep track of how many pills are in each prescription bottle or pack and don't keep lethal doses at home.
- **Educate:** Educate yourself and family members on the dangers of abusing prescription drugs.
- **Dispose:** Safely dispose of medication to prevent misuse and environmental pollution.
- **Secure:** Keep prescription and over-the-counter medications in a safe and secure location, such as a locked cabinet or private bathroom.

Alcohol and Poisons

- Talk to your family members about substance use as a major risk factor for suicide.
- Lock up potentially harmful common household products / poisons including cleaners, products containing alcohol, and cosmetics.

Provide Support

- Know the suicide warning signs.
- Create a safe, judgment-free environment when talking about tough issues.
- If you notice significant changes, ask them directly if they're thinking about suicide.
- Don't be afraid to seek help when needed.

IS YOUR HOME SUICIDE-SAFE?

Take these actions to reduce access to lethal means of suicide.

Medications

Lock and limit.

3 in 5 teens say prescription drugs are EASY to get from their parents' medicine cabinets.

Support

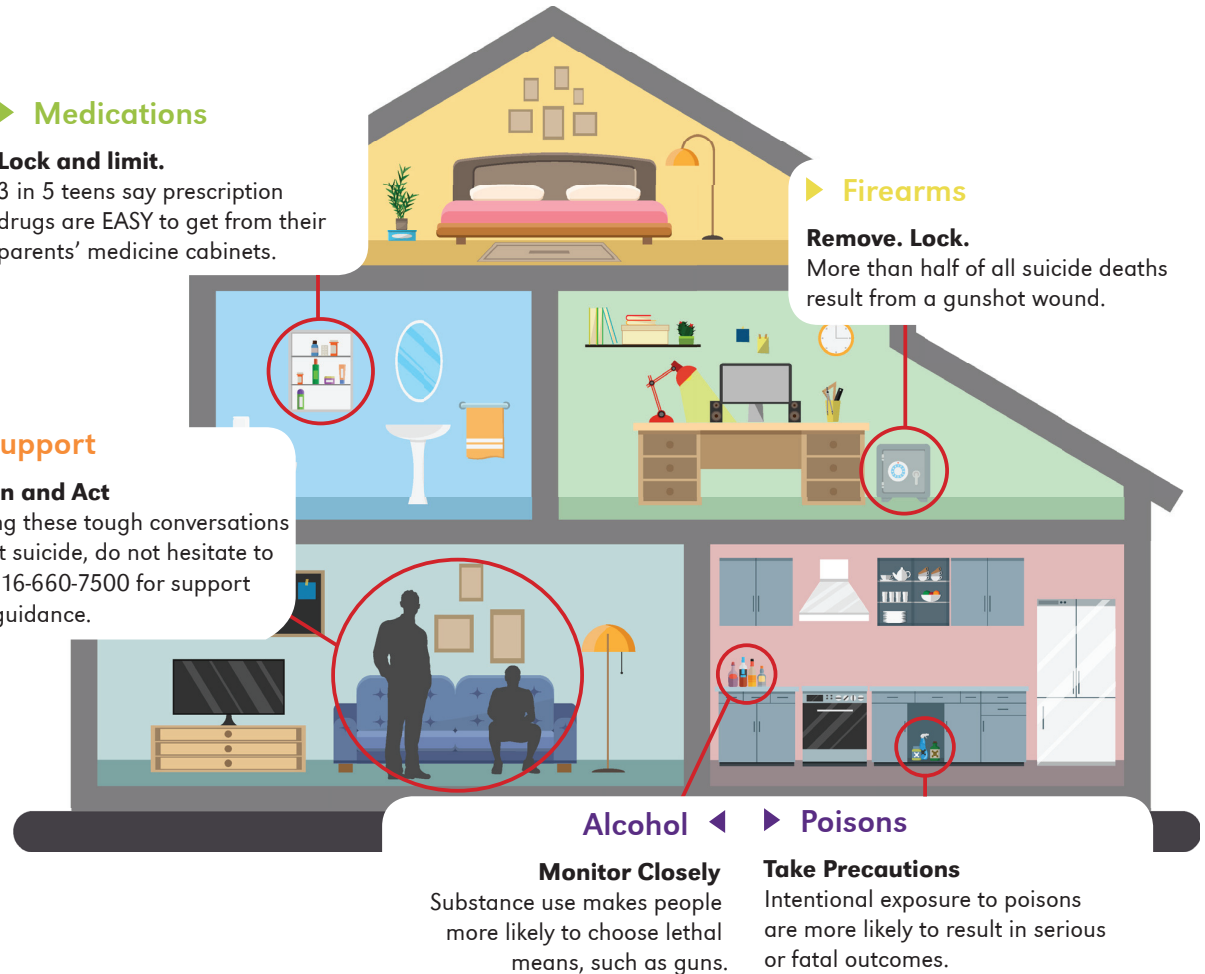
Listen and Act

During these tough conversations about suicide, do not hesitate to call 316-660-7500 for support and guidance.

Firearms

Remove. Lock.

More than half of all suicide deaths result from a gunshot wound.



No method of means restriction is foolproof.
If you are concerned about a loved one, seek help.