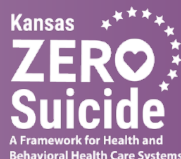




SUICIDE PREVENTION FACTS

- ✓ **When you reach out to someone who is having a hard time and ask them if they are thinking of suicide, you may be making an important connection and giving that person a chance to talk about how they are feeling.**
- ✓ **It is a common misconception that if someone wants to die, they will find a way.** Suicide is preventable. This is the time to reach out to that person and offer support.
- ✓ **People can be at risk for suicide, even if they may appear happy on the exterior, but could really be struggling on the inside and contemplating suicide.** Suicide can affect people of all ages, races, genders, life experiences.
- ✓ **There are almost always warning signs someone is thinking of suicide,** including telling others they want their lives to end, giving away possessions, behaving more aggressively or recklessly, experiencing dramatic mood swings, abusing substances and withdrawing socially.
- ✓ **Many individuals with mental illness are not affected by suicidal thoughts and not all people who attempt or die by suicide have mental illness.** Relationship problems and other life stressors are associated with suicidal thoughts and attempts.
- ✓ **Active suicidal ideation is often short-term and situation specific.** The act of suicide is often an attempt to control deep, painful emotions and thoughts an individual is experiencing. Once these thoughts dissipate, so will the suicidal ideation. While suicidal thoughts can return, they are not permanent. An individual with suicidal thoughts and attempts can live a long, successful life. (NAMI 5 Common Myths About Suicide debunked September 2020)
- ✓ **People who die by suicide are not selfish and have often suffered in silence for a long time, and simply want to end the suffering.** Others are in extreme crises and see no way out. Many even feel that the world is better off without them. They are not simply “thinking of themselves” but are experiencing a serious mental health symptom due to mental illness, crises, or other painful life situation.
- ✓ **Sometimes suicidal people feel better because they have decided to die by suicide and may feel a sense of relief that the pain will soon be over.**
- ✓ **Most suicidal crises are short-lived.** Reducing access to fatal means, particularly firearms, when someone is struggling with thoughts of suicide can substantially reduce the risk of suicide.
- ✓ **We all can have an impact on preventing suicide. Suicide prevention is everybody’s business.**



RESOURCES:

- Crisis Text Line: Text KANSAS to 741-741
- Call or Text: 988
- [988lifeline.org/](https://www.988lifeline.org/)