



NEWSLETTER

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SEPTEMBER 2024

SUICIDE PREVENTION MONTH

September is Suicide Prevention Month, a time to raise awareness about the importance of mental health and the resources available to help those in need. It is a crucial opportunity to educate ourselves and others about the warning signs of suicide and how we can all play an important part in preventing it.

STATISTICS & FACTS

- **Global Impact:** Every 40 seconds, someone dies by suicide (World Health Org).
- **Youth at Risk:** Suicide is the 2nd leading cause of death among 15-29 year-olds globally.
- **U.S. Statistics:** In the United States, nearly 45,000 people die by suicide each year (Centers for Disease Control).



Suicide Prevention Month is dedicated to spreading awareness about suicide prevention and promoting mental health. Throughout the month, organizations, mental health advocates, and communities come together to share resources, stories, and events to help prevent suicide. The goal is to create a supportive environment where individuals feel comfortable seeking help and talking openly about their struggles.



WORLD SUICIDE PREVENTION DAY

Observed on September 10, this day is dedicated to raising awareness and mobilizing global efforts to save lives.

HOW TO HELP

LISTEN: Be an empathetic listener without judgment.
ASK: Don't be afraid to ask someone if they are feeling suicidal.
SUPPORT: Encourage them to seek professional help and assist them in finding resources.

WATCH FOR MONTHLY NEWSLETTERS!





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RESOURCES

988 Suicide & Crisis Lifeline: dial/text/chat with 988 for immediate help

Crisis Text Line: Text "HELLO" to 741741

American Foundation for Suicide Prevention: afsp.org

The Trevor Project: A crisis intervention and suicide prevention service for LGBTQ youth
(www.thetrevorproject.org)

YouthLine: A teen-to-teen crisis and help line - 1-877-968-8491 or text "teen2teen" to 839863

SAMHSA's National Helpline: 1-800-662-HELP (4357) for substance abuse and mental health services

Mental Health America: (www.mhanational.org)

Kansas Suicide Prevention HQ: provides crisis services, education, and outreach in Kansas. (www.ksphq.org)

Kansas Department for Aging and Disability Services: offers mental health resources and support.
(www.kdads.ks.gov)

High Plains Mental Health Center: provides comprehensive mental health services in Northwest Kansas, including crisis intervention and prevention.
(www.hpmhc.com)

Centennial Mental Health Center: serves the Northwest Kansas region with a variety of mental health services.
(www.centennialmhc.org)

Northwest Kansas Community Mental Health Center: offers mental health services and crisis support in the Northwest Kansas region. (www.nwkansas.com)

Remember - it's okay to not be okay. Reaching out for help is a sign of strength, not weakness. Together we can make a difference and save lives. Let's spread kindness, support each other, and work towards a world where no one feels alone.

WARNING SIGNS

Behavioral Changes:

- withdrawal from friends, family, and activities
- increased use of alcohol and drugs
- giving away prized possessions
- sleeping too little or too much
- acting recklessly or engaging in risky behaviors

Emotional Signs:

- feelings of hopelessness or being trapped
- severe mood swings or sudden mood improvement after a period of depression
- intense anxiety or agitation
- expressing feelings of worthlessness or guilt

Verbal Cues - Talking About:

- wanting to die or kill oneself
- feeling hopeless or having no reason to live
- being a burden to others

Physical Signs:

- unexplained physical complaints such as headaches, stomachaches, or chronic pain
- significant changes in eating habits, leading to weight gain or loss
- neglecting personal appearance or hygiene



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UNITED STATES SUICIDE STATISTICS (KIDS, TEENS, AND YOUNG ADULTS)

1. Overall Rates:

- Ages 10-14: The suicide rate was 3.1 per 100,000 in 2020.
- Ages 15-24: The rate was 14.5 per 100,000 in 2020.

2. Demographics:

- Gender: Males are more likely to die by suicide than females, though females are more likely to attempt suicide.
- Methods: The most common methods include firearms, suffocation (including hanging), and poisoning.

3. Trends: Suicide is the second leading cause of death for individuals aged 10-24.



KANSAS SUICIDE STATISTICS (KIDS, TEENS, AND YOUNG ADULTS)

1. Overall Rates:

- Ages 10-14: The suicide rate was approximately 3.5 per 100,000 in 2020.
- Ages 15-24: The rate was about 16.9 per 100,000 in 2020.

2. Demographics:

- Gender: Similar to national trends, males are more likely to die by suicide than females.
- Methods: Firearms and suffocation are common methods.

3. Trends: Suicide is also a leading cause of death among young people in Kansas.

KEY COMPARISONS

Rates: Kansas has slightly higher suicide rates among kids, teens, and young adults compared to the national average.

Gender Trends: Both follow the national trend where males are more likely to die by suicide.

Methods: Firearms and suffocation are the predominant methods in both Kansas and the national statistics.



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988 | SUICIDE & CRISIS LIFELINE

The **988 Suicide & Crisis Lifeline** is a nationwide initiative that launched in July 2022. It provides 24/7, free, and confidential support for people in distress, as well as prevention and crisis resources for individuals and their loved ones.

1. **Purpose:** To offer immediate support and connect individuals to local resources, including mental health services and suicide prevention hotlines.
2. **Accessibility:** Available via call, text, or chat.
3. **Integration:** Links directly to the National Suicide Prevention Lifeline and state-specific suicide prevention resources.

Impact of 988 in the First Year

1. **Increased Accessibility:** The easy-to-remember number has made it simpler for individuals to access crisis intervention services.
2. **Support Services:** Offers a wide range of support, including de-escalation, emotional support, and connection to mental health resources.
3. **Statewide Resources:** Integrates with local and statewide suicide prevention hotlines, ensuring that individuals receive the most relevant and immediate help possible.

Specifics for Kansas

1. **Statewide Collaboration:** Kansas has integrated the 988 lifeline with its existing suicide prevention resources to create a streamlined support system.
2. **Local Impact:** Reports suggest an increase in the number of people accessing crisis services since the introduction of 988, indicating its effectiveness in providing timely help.

Key Takeaways

- **Simplified Access:** 988 offers a straightforward and accessible way for people in crisis to seek help.
- **Comprehensive Support:** It connects individuals not just to immediate crisis intervention but also to longer-term mental health resources.
- **State Integration:** Ensures that local resources like those in Kansas are effectively utilized, providing specific support tailored to regional needs.

Sources

- 988 Suicide & Crisis Lifeline (<https://988lifeline.org>)
- Kansas Department of Health and Environment - 988 Resources (<https://www.kdhe.ks.gov>)



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LIFELINE

National Impact

1. Increased Call Volume

- **Statistics:** Since its launch, the 988 lifeline has seen a significant increase in call volume. For example, in its first year the lifeline received over 2 million calls, texts, and chats.
- **Interpretation:** This surge indicates heightened awareness and accessibility for individuals in crisis.

2. Enhanced Response Times

- **Improvements:** The implementation of 988 has led to faster response times, reducing the wait time for individuals seeking help.
- **Metrics:** Average response times have improved by approximately 20% compared to the previous 10-digit National Suicide Prevention Lifeline.

3. Broadened Reach

- **Demographics:** The lifeline has reached a more diverse group of individuals, including increased usage among younger demographics and marginalized communities.
- **Data:** Reports indicate a 15% increase in contacts from individuals aged 10-24.

4. Resource Integration

- **Collaboration:** 988 has facilitated better coordination with local mental health services, law enforcement, and emergency services to provide a comprehensive support system.
- **Outcomes:** Enhanced collaboration has led to more effective interventions and follow-up care.

Impact in Kansas

1. State-Specific Data

- **Call Volume:** Kansas has reported a 30% increase in the number of calls to crisis services since the introduction of 988.
- **Engagement:** Higher engagement levels from rural areas, which traditionally had less access to mental health resources.

2. Local Resources Utilization

- **Integration:** 988 has effectively integrated with Kansas' local crisis intervention programs and suicide prevention hotlines.
- **Support:** Increased usage of local mental health services and follow-up care programs, leading to better long-term outcomes for individuals in crisis.

3. Training and Awareness

- **Initiatives:** Kansas has launched several training programs for 988 responders to ensure they are equipped to handle a wide range of crises.
- **Community Outreach:** Efforts to raise awareness about 988 have included partnerships with schools, community organizations, and healthcare providers.



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4. Outcomes

- **Effectiveness:** Early data suggests a reduction in the number of suicides and suicide attempts, although more longitudinal studies are needed for concrete conclusions.
- **User Feedback:** Positive feedback from individuals who have used the service, noting the ease of access and the compassionate support received.

Key Takeaways

- **Accessibility:** 988 offers a more accessible and user-friendly option for individuals in crisis, leading to higher engagement and quicker interventions.
- **Collaboration:** Effective integration with local and state resources enhances the overall support system, providing comprehensive care.
- **Positive Trends:** Initial data indicates positive trends in call volume, response times, and user outcomes, suggesting that 988 is making a meaningful impact.

Sources

- 988 Suicide & Crisis Lifeline (<https://988lifeline.org>)
- National Institute of Mental Health - 988 Impact (<https://www.nimh.nih.gov/health/topics/suicide-prevention>)
- Kansas Department of Health and Environment - 988 Resources (<https://www.kdhe.ks.gov>)
- Substance Abuse and Mental Health Services Administration (SAMHSA) (<https://www.samhsa.gov/find-help/988>)



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