



Services Provided by South Central Mental Health Counseling Center

SCMHCC offers a comprehensive range of services to people experiencing concerns related to their emotional and mental health. These concerns may be for short term assistance and education related to life stressors and relationships or for moderate to severe mental health or substance use issues. Our staff is highly trained and only use evidence based practices. Services available include Individual and Family and Couples Based Therapy, Play Therapy, Medication Management, Crisis Services, Community Based Services for Adolescents, Community Support Services for Adults, Addiction and Substance Abuse Treatment, Parenting Education and Support Groups. Please visit us at www.SCMHCC.org for more information or contact us

Andover
217 Ira Court
Andover, KS 67002
(316)733.5047
Augusta
2821 Brookside Dr.
Augusta, KS 67010
(316)425.0073
El Dorado
524 N. Main
El Dorado, KS 67042
(316)321.6036

**AFTER HOURS EMERGENCY
1-855-773-6686**

For life threatening emergencies call 911



Attempted

Suicide

Awareness

**Prevention for
Parents and
Youth**

Myths about Suicide

MYTH
Suicides happen without warning

FACT
Most teens who attempt or die by suicide have communicated their distress or plans to at least one other person. These communications are not always direct, so it is important to know some of the key warning signs of suicide.

Find out more
www.suicidology.org
www.preventyouthsuicide.org



There is HELP. You are NEVER alone.

If you or someone you know are experiencing suicidal thoughts or the warning signs or have had a suicide attempt please contact someone for help.

South Central Mental Health

Andover 316-733-5047

Augusta 316-425-0073

El Dorado 316-321-6036

For after hours crisis assistance please contact:

COMCARE Crisis Services

24-hour telephone and in person crisis center
Located at 635 N. Main, Wichita, KS
316-660-7500 toll free 1-855-773-6686

Via Christi Hospital St. Joseph Emergency Room

3600 E. Harry, Wichita, KS 316-268-5000.

Via Christi St. Joseph is the home of
Wichita's psychiatric assessment center. For
adolescents 12 years and older

**For all life threatening
emergencies call 911**

Crisis Text Line

Text START to 741-741

If you or someone you know doesn't want to talk, but would rather text, this is the place to start. It is free, 24/7 support for those in crisis. crisistextline.org

For local resources and support for parents and youth email requests to

ASAP@scmhcc.org



Parents, friends, teachers, family and friends aren't always sure how to react when someone they know talks about suicide or attempts to complete suicide.

Look

If you notice any of the warning signs and are worried, talk about it with them.

Listen

Make time to listen. Sometimes listening is what the person really needs as it helps to let it out. Let them know you are there if they need to talk.

Talk

Ask them directly about suicide. "You've been really down lately and you haven't been going out for weeks, I'm wondering how you are feeling? I'm wondering if they might be so bad that you are thinking about killing yourself and if you have made any plans?"

Talking about suicide gives young people a chance to share how they feel and explore what they might need to feel better.

If you think you said the wrong thing, try again. Let them know you care, that you found it hard to hear, but that you want to help them. You don't need to have all the answers but you can help them to stay safe while they get other support.

Seek help

Encourage them to talk with someone who can help – their parents, teachers, doctor or a local counselor or therapist

Myths about Suicide

MYTH

Talking to teens about suicide makes them likely to kill themselves

FACT

Talking about suicide with teens gives them an opportunity to express thoughts and feelings about something they may have been keeping secret. Research clearly demonstrates there are no iatrogenic effects of asking teens about suicide (Gould et al., 2005). In fact, discussion brings it into the open and allows an opportunity for intervention. Therefore, youth who come forward to caring adults following a presentation on suicide is most likely the result of providing that youth, who was already suicidal, the freedom to confide their pain to others. Only then, will the healing begin.

Find out more:
www.suicidepreventionlifeline.org



Myths about Suicide

MYTH

Suicidal teens overreact to life events

FACT

Problems that may not seem like a big deal to one person, particularly adults, may be causing a great deal of distress for the suicidal teen. We have to remember that perceived crises are just as concerning and predictive of suicidal behavior as actual crises.

Find out more:
www.suicidepreventionlifeline.org



FACTS

FEELINGS that, again, seem different from the past, like hopelessness; fear of losing control; helplessness; worthlessness; feeling anxious, worried or angry often

ACTIONS that are different from the way your child acted in the past, especially things like talking about death or suicide, taking dangerous risks, withdrawing from activities or sports or using alcohol or drugs

CHANGES in personality, behavior, sleeping patterns, eating habits; loss of interest in friends or activities or sudden improvement after a period of being down or withdrawn

THREATS that convey a sense of hopelessness, worthlessness, or preoccupation with death ("Life doesn't seem worth it sometimes"; "I wish I were dead"; "Heaven's got to be better than this"); plans like giving away favorite things, studying ways to die, obtaining a weapon or stash of pills; suicide attempts like overdosing or cutting

SITUATIONS that can serve as "trigger points" for suicidal behaviors. These include things like loss or death; humiliations, rejections, or failures, getting in trouble at home, in school or with the law a break-up; or impending changes for which your child feels scared or unprepared