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2023



CENTER OF  
COMMUNITY SUPPORTS  
AT GREENBUSH

# Suicide Prevention Resource Guide for Kansas Schools



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# HELPING STUDENTS WITH SUICIDAL THOUGHTS

## WHEN TALKING WITH SOMEONE WHO MIGHT BE SUICIDAL...

### WHAT IS HELPFUL?

- Show you care. Listen carefully. Be genuine. Say things like, “I’m concerned about you... about how you feel.”
- Ask the question, “Are you thinking about suicide?”
- Be direct, caring, and non-confrontational.
- Get help. Do not leave them alone. Say things like, “You’re not alone. I will help get the care you need.”

### WHAT IS NOT HELPFUL?

- Ignoring or dismissing the issue. This sends the message that you don’t hear their message, don’t believe them, or you don’t care about their pain.
- Acting shocked or embarrassed.
- Panicking, preaching, or patronizing.
- Challenging, debating, or bargaining. Never challenge a person with suicidal thoughts.
- Giving harmful advice... such as saying, “It will pass. Just ignore it.” “Just get over it.” “Everyone has those thoughts.” Suggesting the use of drugs or alcohol to “feel better.”
- Promising to keep a secret. The person with suicidal thoughts is sharing their feelings hoping that someone will recognize the pain and help, even though they may verbally contradict this.

### WHO CAN BE HELPFUL?

- School Administrators
- School Nurses
- School Counselors
- Social Workers
- Coaches
- School Psychologists
- School Resource Officer



CLICK

RESOURCE LINK: For additional help information, visit [KSPHQ.org](https://www.kspHQ.org)

SOURCE: Lawrence School District Suicide Prevention Manual 2016  
**SUICIDE PREVENTION RESOURCE GUIDE  
FOR KANSAS SCHOOLS**

## SUMMARY

- Take every warning sign or threat of self-harm seriously
- Do not keep the student's reported thoughts of suicide a secret
- Take immediate action(s)
- Remain with the student
- Document all actions

## KEY PRINCIPLES TO REMEMBER IN ANY CRISIS

- Ensure that the student in any crisis is safe. Remain with the student until other supports arrive. Do not leave the student alone.
- If needed, send someone for help.
- Listen to the student. Acknowledge their feelings, allow them to express their feelings, avoid giving advice or opinions and listen for warning signs. An example response could be: "John, I'm sorry you are feeling this way. Let's go talk to someone. I am here for you."
- Be direct. Ask directly about suicide. Asking about suicide does not put the idea into the student's head. An example questions could be: "Are you thinking about killing yourself?"
- Be honest. Offer hope, but don't condescend or offer unrealistic assurances.
- Know personal limits. Only involve yourself to the level you feel comfortable. Don't be afraid to refer to another person.
- Inform caregivers/guardians as needed. Reassure the student is currently safe. Inform them of community support available to them during and after the crisis.
- Monitor friends of the student and others who are potentially at risk of suicide.
- Debrief: All faculty involved in supporting the student are given opportunities to discuss their reactions and are offered support as needed. What could have been done better during the situation?

CLICK

RESOURCE LINK: [Section 2 Planning Interventions in a Suicidal Crisis of the Kansas Suicide Prevention, Response and Postvention Toolkit](#)

# BE INFORMED

Know what students in your community are saying about their experiences.

Talk with your school Superintendent to learn more about local *Kansas Communities That Care (KCTC) Student Survey* results and see what students in your community are saying about their experiences with depression and suicide behaviors.



## KCTCDATA.ORG RESOURCES INCLUDE:



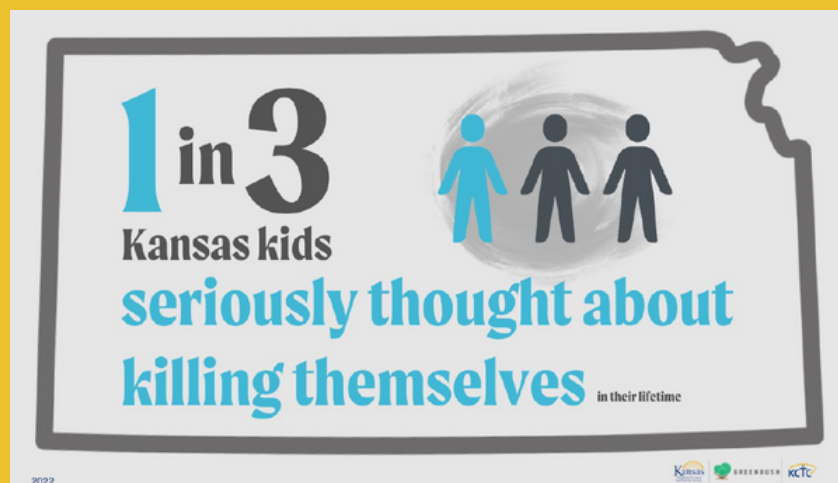
### CONFIDENTIAL SCHOOL DATA:

- School district and building level *KCTC Depression/Suicide Reports* for participating communities.
- Use your KCTC District Login to request access, granted by the Superintendent.



### PUBLIC COMMUNITY DATA:

- County level depression/suicide data is available publicly by county.
- Click to view the state level 2022 Kansas Depression/Suicide Report.



# NEXT STEPS

Where do you go from here?  
Student data are not just about looking back, but also looking forward.

If you are interested in additional information regarding available resources, tools, and best practices for addressing ways to effectively support students who may be experiencing feelings of depression and suicide or are interested in receiving training or technical assistance, please consult the following resources.



[Click to access a free, downloadable toolkit, "Preventing Suicide: A Toolkit for High Schools,"](#) available through the Substance Abuse and Mental Health Services Administration (SAMHSA) at [samhsa.gov](http://samhsa.gov).

CLICK



Dial 988 for the National Suicide Prevention Lifeline or live chat at [suicidepreventionlifeline.org/chat](http://suicidepreventionlifeline.org/chat).



If you're thinking about suicide, are worried about a loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States. Help is free and confidential. For local information, visit the [Kansas Suicide Prevention Headquarters at ksphq.org](http://Kansas Suicide Prevention Headquarters at ksphq.org).



[Click to view the Kansas Suicide Prevention, Response, and Postvention Toolkit](#) provided by the Kansas State Department of Education (KSDE) at [ksde.org](http://ksde.org).

CLICK



**GREENBUSH**  
THE EDUCATION SERVICE CENTER

For training opportunities for your school to enhance suicide prevention efforts and crisis prevention planning, contact Kenny Massey with [Greenbush Specialized Learning Services \(SLS\)](http://Greenbush Specialized Learning Services (SLS)). Crisis Prevention at 620-724-6281 or visit [greenbush.org](http://greenbush.org).

Are you looking for additional information about how to effectively support students who may be experiencing feelings of depression and suicide? Check out these tools for suicide prevention and crisis management recommended by the Greenbush Crisis Prevention Team.

## COMMUNITY MENTAL HEALTH

Click to view local Community Mental Health Centers (CMHC):

- Visit the [Kansas Department for Aging and Disability Services \(KDADS\) - Behavioral Health Services](#) for a statewide list of all CMHCs in Kansas at [kdads.ks.gov](#).
  - [CHCSEK](#)
  - [Four County](#)
  - [CrossWinds](#)
  - [SpringRiver](#)
  - [Labette Center for Mental Health Services](#)



## THE VIRGINIA MODEL

Click to view the [Virginia Model, a model school crisis management plan from the Virginia Department of Education](#).  
\_Available at [doe.virginia.gov](#).



## KSPHQ TRAININGS

Click to visit the [Kansas Suicide Prevention Headquarters \(KSPHQ\)](#) and view online learning modules, as well as upcoming trainings and events.



Connect with state and local support networks to partner in suicide prevention efforts for your community. Check out these support networks recommended by the Kansas Department for Aging and Disability Services - Behavioral Health Services.

## KANSAS SUICIDE PREVENTION COALITION

The Kansas Suicide Prevention Coalition champions suicide prevention for all Kansans through equitable access to partnerships, advocacy, resources, ideas, & data.

- View the [Kansas Suicide Prevention Coalition Suicide Prevention Plan, 2021-2025](#) to learn about the strategic goals in place.
- Contact [coalition@ksphq.org](mailto:coalition@ksphq.org) to learn more.



## LOCAL INITIATIVES

Engage in the strong network of local Kansas community coalition efforts to support youth. Visit the [Kansas Prevention Collaborative](#) at [kansaspreventioncollaborative.org](http://kansaspreventioncollaborative.org) to get in touch with your local coalition contact.





Are you looking for additional support resources to share with students about how to support peers who may be experiencing feelings of depression and suicide? Check out these tools for suicide prevention recommended by the the Kansas Suicide Prevention Headquarters and the State of Kansas Office of the Attorney General.

# STUDENT RESOURCES

## TREVOR PROJECT

Students deserve a welcoming, loving world. And so do the people you care about. [Visit the trevorproject.org](https://www.trevorproject.org) to reach out to a counselor if you're struggling, find answers and information, and get the tools you need to help someone else.



## KANSAS - A FRIEND ASKS APP

A free mobile app, called "Kansas – A Friend AsKS," has been developed in partnership with The Jason Foundation, a national suicide prevention organization and can be found in both the Apple App Store and the Google Play Store. The app connects youth to tools and resources to help a friend, or themselves, who may be struggling with thoughts of suicide. The app also offers the option for users to call or text the 988 mental health crisis line, which was launched in Kansas in July. [Visit ag.ks.gov](https://www.ag.ks.gov) to learn more.



**SCAN TO  
DOWNLOAD  
THE APP**

During times of crisis, managing your own emotions can be a challenge. Building self-regulation skills can make all the difference. Check out the resources recommended by school psychologists with the Greenbush Crisis Prevention team.

## HOW CAN WE STAY REGULATED?

[Click to view a short video sharing a Step-By-Step Guide to Safety Planning with Dr. Sandra Bloom](#) of the Campaign for Trauma-Informed Policy and Practice (CTIPP). Learn how the brain works and how to manage emotions through any crisis.



## HAVE A PLAN

[Click to visit My NeuroLogic Classroom](#) to learn more about creating a regulation plan.



## SELF-CARE

You can't help others until you first help yourself. Enjoy this self-care podcast with Dr. Tina H. Boogren.

- [Self-Care for Educators](#)

