

# What's Happening in Kansas?

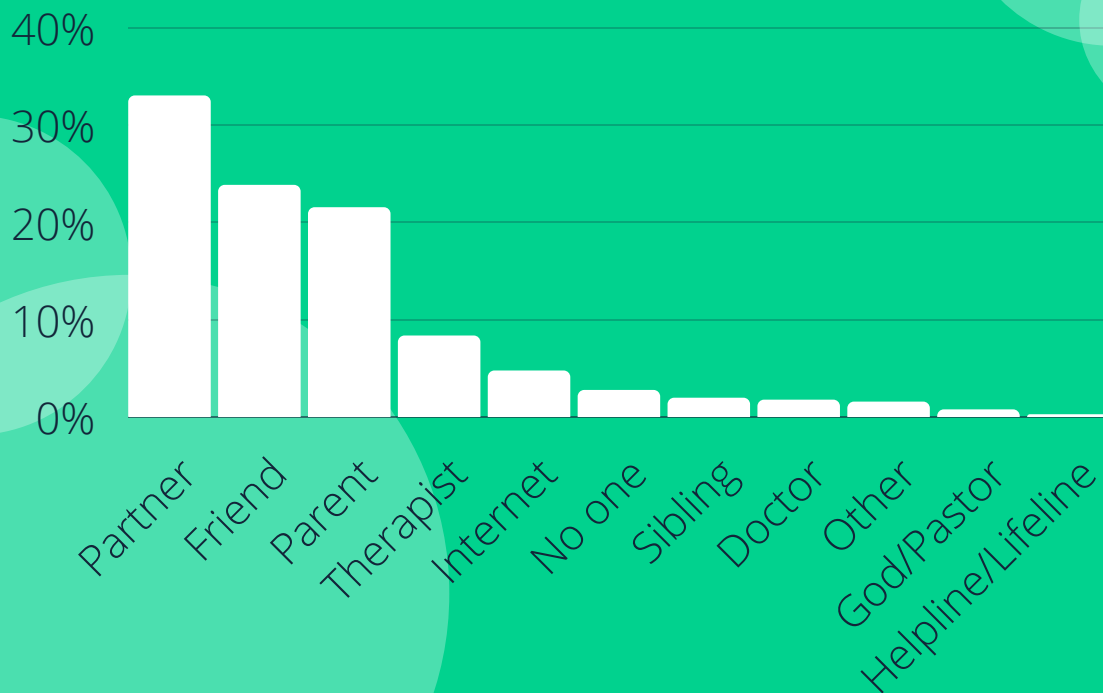
In 2021 Kansas young adults surveyed reported they are most likely to go to their partner or significant other for help if they are struggling with mental health concerns or depression.



# Why Does This Matter?

When young adults are struggling, partners or significant others offer great support both emotionally, and by simply being physically present to help should the struggles with mental health become too great.

## If you had a mental health concern, where are you most likely to go for help?



## What Can You Do?

If you or someone you know is depressed, going through a hard time, need to talk, or are thinking about suicide, talk with a caring adult.

A counselor will listen and support you when you connect with the Suicide and Crisis Lifeline. Text or call 988. Or, chat at [suicidepreventionlifeline.org/chat](https://suicidepreventionlifeline.org/chat).



Visit [KCTCdata.org](https://KCTCdata.org) to learn more about what local young adults are saying

