

# How You Can Prevent Suicide



**Camber**<sup>™</sup>  
Children's Mental Health  
KVC HEALTH SYSTEMS

*We all need connection.*

If you or someone you know is considering suicide, call the **988 Suicide and Crisis Lifeline** at **988** or chat live at **988lifeline.org**. Or if you're **in Kansas or Missouri**, call Camber at **913 - 890 - 7468** to find children's mental health treatment near you.



**Over 45,979 Americans died by suicide in 2020,**

according to the American Foundation for Suicide Prevention.

That's nearly

**1 person every 11 minutes.**



The National Institute on Mental Health reports that suicide is the **second leading cause of death** for people ages 10 to 34. The number of U.S. children and teens visiting emergency departments for suicide attempts or ideation **doubled from 2007 to 2015** (source: JAMA Pediatrics).

As a nonprofit organization providing services to help youth ages 6 to 18 overcome mental health challenges, Camber is **passionate about helping families connect to the support they need**. If you're in Kansas or Missouri, call us at 913 - 890 - 7468 to learn more about our inpatient and residential mental health treatment centers for children ages 6 to 18. Our team is available 24 hours a day, 7 days a week to answer your questions and support your child and family.

If you're worried about your child's behavior, complete our **free mental health assessment** with them to determine if they may be struggling with depression.

Access the assessment at **[cambermentalhealth.org/assess](https://cambermentalhealth.org/assess)**.

## Know the Warning Signs

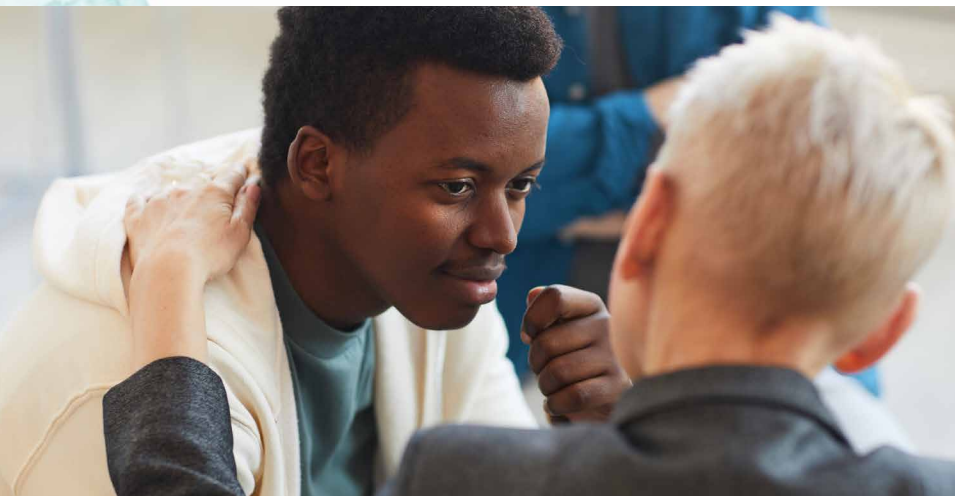
It's important to educate yourself about warning signs that may indicate someone is considering suicide. Closely observe their words and actions. **Some of the most common warning signs include:**

### Talking about:

- Killing themselves
- Wanting to die
- Feeling hopeless
- Unexplainable and/or unbearable pain
- Feeling like there's no point to life

### Behaviors:

- Drastic changes in behavior, such as struggling with depression but suddenly displaying a surge of happiness or eagerness
- Increased alcohol and/or drug abuse
- Changes in sleeping and/or eating habits
- Withdrawn from family, friends and/or activities
- Displaying changes in their mood, such as increased anxiousness, anger or other extreme mood changes



## Options for Professional Help

If you know a child or teen struggling with suicidal thoughts, depression or other mental health needs, seek professional help immediately.

- Speak with your primary care physician or your local community mental health center.
- Contact the 988 Suicide & Crisis Lifeline at **988** or **988lifeline.org**.
- Visit your local hospital or emergency department and ask for a consultation.
- Contact Camber's 24/7 Admissions team at **(913) 890 - 7468** to find children's mental health treatment near you.

## Preventative Steps

There are many preventative steps you can take to help a child or teen before they are in crisis.

**Here are some examples:**

- Tell them that they matter. Positive reinforcement is important.
- Help them engage positive supports in their life such as school, church, or sports.
- Create opportunities for them to talk about their emotions. Actively listen.
- Teach them healthy habits for caring for their body and brain.
- Work with them on stress tolerance and coping skills.
- Encourage counseling; you don't have to be in crisis to seek help.

**[cambermentalhealth.org/suicideprevention](https://cambermentalhealth.org/suicideprevention)**

If you're interested in suicide prevention training for your organization, school, community or other group, contact **Annamarie Arensberg**, Camber's Vice President of Clinical Advancement at **[aarensberg@cambermh.org](mailto:aarensberg@cambermh.org)**.