

How You Can Prevent Suicide



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 Mental Health at **913-890-7468** to find children's mental health treatment near you.



Over 49,476 Americans died by suicide in 2022,

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 **increased by 52.6% from 2016 to 2021** according to a 2023 report from the JAMA Network medical journal published by the American Medical Association.

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**.

Our Network of Locations

KANSAS CITY

4300 Brenner Dr.
Kansas City, KS 66104

OLATHE*

21277 W. 153rd St.
Olathe, KS 66061

WICHITA

1507 W. 21st St. N.
Wichita, KS 67203

HAYS

3000 New Way Blvd.
Hays, KS 67601

WEBSTER GROVES**

400 North Rock Hill Road
Webster Groves, MO 63119

cambermentalhealth.org

*In partnership with Children's Mercy

**In partnership with St. Louis Children's

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

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.

Contact Camber Mental Health for Support

Camber Mental Health is a network of nonprofit inpatient and residential children's mental health treatment centers serving youth ages 6 to 18. Each year, we give thousands of youth a safe place to heal, build resilience, and overcome struggles with behavioral and mental health challenges. Our compassionate team of psychiatric, medical and behavioral health professionals provides a nurturing and therapeutic experience along with a treatment plan tailored to meet each child's individual needs. The goal of our treatment programs is for each child to safely return home with the resources and supports in place to live a healthy and happy life in their community.

Here's a list of additional resources you can contact for help:

- Call the child's 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.



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