

**The Post Rock Connection**  
**Post Rock Extension District #1 Family and Consumer Sciences Column**  
**Month of September 2023**  
**By Brenda Langdon, Family Resource Management Agent**

**September is National Suicide Prevention Month**

September is National Suicide Prevention Month, and the K-State Research and Extension Stress and Resiliency Team urges people to take part in raising awareness and spreading information and resources.

Suicide is an alarming health crisis across America and an ongoing issue in Kansas. In 2018, suicide was the 9th leading cause of death in the State of Kansas, and the suicide rate has increased by 70% from the year 2000 to 2018. Also, in July of 2023, the Kansas Department of Health and Environment released an alert to notify healthcare providers of increased emergency visits related to female suicide attempts. In July alone, there were 162 suicide-related occurrences among Kansas females. These eye-opening statistics testify to the importance of observing Suicide Prevention Month and display the urgent need for community action in addressing this health crisis.

Many suicides can be prevented through asking questions, open conversations, proper mental health treatment, and reducing access to fatal means. We can set the stage to look at the signs and symptoms of suicide, a critical part of suicide prevention.

Paying attention to the warning signs of suicide is the first step in saving lives. A few warning signs include, but are not limited to, isolation from others, engaging in risky activities, changes in sleeping or eating habits, giving away personal items for no reason, and talking about not wanting to be alive.

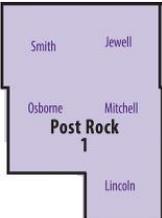
Luckily, for those in need of support, there are many resources available.

1. 988 Suicide and Crisis Lifeline, available 24 hours a day, can be reached by calling or texting 988 or chatting with a counselor online by visiting [988lifeline.org/chat](https://988lifeline.org/chat).
2. NAMI Helpline is available Monday-Friday, 9 A.M. to 9 P.M. CST. The helpline can be reached by calling 1-800-950-NAMI (6264), texting “HelpLine” to 62640, or emailing [helpline@nami.org](mailto:helpline@nami.org).
3. Crisis Text Line, available 24 hours a day, can be reached by texting “HOME” to 741741 or visiting [www.crisistextline.org](https://www.crisistextline.org).

Although there are ways for those contemplating suicide to get help, they may not seek support due to stigma. Some ways to help reduce the stigma of suicide include using respectful and mindful language when talking about suicide and showing compassion for those struggling. By fostering an environment of understanding and providing support, we can encourage others to reach out and seek the help they need.

Suicide Prevention Month is an opportunity to spread valuable information and resources while working to destigmatize suicide and mental health conversations. Join in engaging with the K-State Research and Extension Stress and Resiliency Team's Suicide Prevention Month campaign, by visiting the following: <https://www.facebook.com/KSRE.Stress.Management/>. Together, we can make a difference.

*The Post Rock District of K-State Research and Extension serves Jewell, Lincoln, Mitchell, Osborne, and Smith Counties. Contact Brenda at [bklangdon@ksu.edu](mailto:bklangdon@ksu.edu) or by calling 785-346-2521. Stay connected with “Post Rock Extension” on Facebook, Twitter, Instagram, and YouTube. Our website is [www.postrock.ksu.edu](http://www.postrock.ksu.edu).*



**Post Rock Extension District #1**

<b>Beloit Office</b>	115 S. Hersey Beloit, KS 67420 (785) 738-3597	<i>Knowledge for Life</i>
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