



National Suicide Prevention Month

September is Suicide Prevention Awareness Month, a dedicated time to come together with collective passion and strength around a difficult topic. We can all benefit from honest conversations about mental health conditions and suicide because just one conversation can change a life.

Suicide is a major public health concern. More than 47,500 people die by suicide each year in the United States; it is the 10th leading cause of death overall and the 2nd leading cause for people ages 10-34.

The Substance Abuse and Mental Health Services Administration (SAMHSA) has declared Sept. 8 as national 988 Day. 988 Day is a national initiative dedicated to raising awareness about the 988 Suicide and Crisis Lifeline and for emphasizing the importance of mental health and suicide prevention. For more information, including how to promote 988 Day, please visit [SAMHSA.Gov](https://www.samhsa.gov).



**NO JUDGMENT.
JUST HELP.**

Kentucky Youth Data



The U.S. Centers for Disease Control and Prevention (CDC) [Youth Risk Behavior Survey](#), which is completed every two years, shows that in 2023, 18.6% of Kentucky high school students seriously considered attempting suicide, and 8.6% of Kentucky's high school students attempted suicide in the previous 12 months.

988 Suicide & Crisis Lifeline

Since its inception in July of 2022, 988 has received over nine million contacts. When people call, text or chat 988, they will be connected to trained counselors who are part of the existing Lifeline network. These trained counselors will listen, provide support and connect them to resources if necessary. In the past year, 988 has expanded to provide specialized services for veterans, Spanish speakers and members of the LGBTQI+ community.



Warning Signs of Suicide

Talking About	Feelings	Behaviors
<ul style="list-style-type: none">• Wanting to die• Intense guilt or shame• Being a burden to others	<ul style="list-style-type: none">• Empty, hopeless, trapped or having no reason to live• Extremely sad, more anxious, agitated or full of rage• Unbearable emotional or physical pain	<ul style="list-style-type: none">• Making a plan or researching ways to die• Withdrawing from friends, saying goodbye, giving away important items or making a will• Taking dangerous risks• Displaying extreme mood swings• Eating or sleeping more or less• Using drugs or alcohol more often

Kentucky Specific Resources

- [Kentucky Department of Education's Suicide Prevention Page](#)
- [Kentucky Cabinet for Health and Family Services Provider Directory](#)



Available Training

The Kentucky Department of Education along with the Department for

Behavioral Health and Intellectual Disabilities offer [Sources of Strength](#) training for schools throughout the state. Sources of Strength is a best practice youth suicide prevention project designed to harness the power of peer social networks to change unhealthy norms and culture, ultimately preventing suicide, bullying, and substance abuse.



SOURCES
OF STRENGTH

For information on Sources of Strength training, please contact [Sheila Barnard](#).

[Youth Mental Health First Aid](#) teaches adults how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18. [Mental Health First Aid for Adults](#) teaches people how to recognize signs of mental health or substance use challenges in adults ages 18 and older, how to offer and provide initial help, and how to guide a person toward appropriate care if necessary. Those interested in more of these free training opportunities should contact Elizabeth.Freeland@education.ky.gov.



Mental Health
FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING