

Zero Youth Suicide Initiative

For over a decade, the suicide rate in Missouri has been higher than the national rate. Suicide is the second leading cause of death for youth ages 10-24 and 13.9% of Missouri students (grades 6-12th) have seriously considered suicide. Tri-County Mental Health Services is working to reduce suicides and suicide attempts in Clay, Platte, and Ray counties. Through this initiative, Tri-County works with schools, families, parents, and community members to help reduce youth suicide!

Presentations, Workshops, and Involvement

For youth ages 10-24:

* **Youth Suicide Prevention**

Covers warning signs, risk factors, how to talk to someone who may be suicidal, how to get help/refer someone to help (nationally and locally), and other resources, including those for LGBTQ youth.

* **Healthy Coping Skills**

With life's stressors during adolescence, practicing healthy coping skills are very important, such as deep breathing exercises, left brain/right brain exercises, and how to overall calm ourselves down if we experience feelings of anxiety, anger, or frustration.

For adults, parents, school staff, and community members:

* **Youth Mental Health First Aid**

An evidence based program, Youth Mental Health First Aid covers how to be aware of and to better understand mental health disorders among youth, such as depression, anxiety and substance use disorders, suicide prevention, and more!

* **Signs of Suicide (SOS)**

SOS is a school-based program designed for those who work with middle-school and high-school students. The program's overall goals are to reduce stigma of mental illness and encourage parents/school staff/community based partnerships to support student mental health.

* **Suicide Prevention Booth for Resource Fairs (for all populations)**

* **Join the Resiliency Committee**

With trauma being a high risk factor for youth, the Resiliency Committee works to encourage parents, schools staff, law enforcement, and businesses to be trauma-informed.



Contact Kelsey Prather, Youth Suicide Prevention Specialist

kelseyp@tri-countymhs.org 816-877-0496

Know a youth who might be having thoughts of suicide? Contact Cathy Blanch, Youth Behavioral Health Liaison or call 911 if it is an emergency. Cathy Blanch: catherineb@tri-countymhs.org 816-965-1016