

Is Your Home Suicide- Proof?

After the holidays, January can be a time of year when people often become depressed and stressed. Even if you think your loved ones are not at risk for suicide, these are some simple steps you can take to help suicide-proof your home and help save a life.

- Reduce access to lethal means.
 - Individuals are five times more likely to die by suicide when there is a firearm in the home. When individuals are kept from using a specific method they do not simply "find another way".
- Limit access to medications.
 - Teens who attempt suicide use medications more than any other method.
- Promote healthy use of social media.
 - Don't allow social media to replace real life--encourage time with family and friends
- Listen and ask.
 - Asking, "Are you thinking about suicide?" communicates that you are open to speaking about suicide in a non-judgmental and supportive way.

Resources

If you are concerned that someone you care about is at risk of suicide contact:

SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255)

CRISIS TEXT LINE Text HELLO to 741741

SUICIDE PREVENTION HOTLINE 316-660-7500

THE TREVOR PROJECT 1-866-488-7386 or Text START to 678678, or Instant Online

Messaging via a computer at TrevorChat

A FRIEND ASKS APP developed by the Jason Foundation can be downloaded for Android or iPhone

TRIO

TRIO - Michelle Dayton, the educational advisor for TRIO notified AGS to let us know there are still spots available for students in grades 6-8 who are interested in the program. You can contact Michelle at Labette Community College: michelled@labette.edu

What is Talent Search?

Talent Search is a federally funded TRIO program that reaches out to secondary students grades 6 through 12 and adults who have the potential to succeed in higher education. Talent Search provides services to encourage eligible participants to graduate from high school and enroll in college. For more information, check out the link: <http://www.labette.edu/studentaffairs/talentsearch/about.html>