

FOR IMMEDIATE RELEASE

For more information, contact: Valori Stone

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September is Suicide Prevention Month

Suicide impacts individuals, families, and entire communities—but it is preventable. By recognizing warning signs, starting open conversations, and connecting people to help, we can save lives.

Know the Signs:

- Talking about wanting to die or feeling hopeless
- Withdrawing from friends and activities
- Major mood or behavior changes
- Giving away prized possessions

How to Help:

- Listen without judgment
- Show care and compassion
- Ask directly if they're thinking about suicide
- Encourage professional help
- Stay connected and follow up
- Call or text 988
- Crisis Text Line – Text HOME to 741741
- Find more at: findahelpline.com

Let's work together to make sure everyone knows: help is out there, hope is real, and you matter.

For more information, please contact Valori Stone, Family and Community Wellness Agent, valori@ksu.edu and 620-670-4878.

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