

LOOK

FOR SUICIDE SYMPTOMS

Excessive sadness or moodiness
Hopelessness
Sleep problems
Sudden calmness after period of depression or moodiness
Withdrawal
Changes in personality and/or appearance
Dangerous or self-harmful behavior
Recent trauma or life crisis
Making preparations
Saying goodbye/Giving away prized possessions
Threatening suicide

LOOK

FOR MENTAL ILLNESS SYMPTOMS

IN YOUNGER CHILDREN:

Changes in school performance
Changes in sleeping and/or eating habits
Excessive worry or anxiety
Hyperactivity and increased sensitivity/nervousness
Persistent nightmares
Persistent disobedience or aggression
Frequent temper tantrums

IN ADULTS, YOUNG ADULTS AND ADOLESCENTS:

All of the above symptoms PLUS:
Confused thinking
Apathy
Prolonged depression (sadness or irritability)
Feelings of extreme highs and lows
Social withdrawal
Sex drive changes
Strong feelings of anger
Strange thoughts (delusions)
Seeing or hearing things that aren't there (hallucinations)
Drop in functioning
Change in ability to manage responsibilities
Suicidal thoughts
Numerous unexplained physical ailments
Substance abuse
Defiance of authority, truancy, theft, and/or vandalism

HELP

HOW YOU CAN HELP

Every threat of suicide should be taken seriously and most mental illnesses don't improve on their own. If you think you or a loved one may attempt suicide, get help now.

If your loved one shows signs of mental illness, have an open and honest discussion with him or her about your concerns. You may not be able to force someone to get professional care, but you can offer encouragement and support. You can also help your loved one find a qualified mental health provider and make an appointment. Encourage teachers, parents, clergy, and others to be involved in the lives of your children. There are help classes offered in many towns, perhaps at your hospital.

WHAT YOU CAN DO

1. GET INVOLVED

Join organizations that strive to protect our kids. We recommend **Everytown (Everytown.org)** and **Moms Demand Action (MomsDemandAction.org)**.

2. CONTACT LOCAL AND NATIONAL POLITICAL FIGURES

Urge them to vote for regulations that will prevent guns from getting into the hands of children.

3. VOTE YOUR CONSCIENCE

Research political candidates' positions on gun regulation and gun rights and vote your conscience.

4. LOCK YOUR GUNS

Purchase trigger locks for your guns at gun stores, sporting goods stores, discount stores, home improvement stores and Children's Mercy Hospital in Kansas City.

CRISIS

WHAT TO DO IN A CRISIS

1. Call 911 or your local emergency number.
2. Call your mental health specialist or suicide hotline number.

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

3. Seek help from your primary care doctor or other health care provider.
4. Reach out to a close friend or loved one.
5. Contact a minister, spiritual leader or someone else in your faith community.
6. Purchase trigger locks for your guns at home, keep them unloaded and locked away.

LOCAL RESOURCES

BERT NASH MENTAL HEALTH CENTER

www.BertNash.org
(785) 843-9192 or (785) 830-1795
200 Maine Street, Lawrence, KS

HOURS: Monday - Friday, 9am-5pm (walk ins welcome)
Emergency services available 24/7. Douglas County residents of all ages welcome.

MENTAL HEALTH WALK-IN CLINIC

www.ip-psych.com
(785)-393-6167 *Call or text*
901 Kentucky Street, Suite 206, Lawrence, KS

HOURS: *Every Saturday, 8 am-12 pm. No appointment needed.*

KANSAS SUICIDE PREVENTION CENTER

www.KansasSuicidePrevention.org

HEADQUARTERS COUNSELING CENTER

www.HeadquartersCounselingCenter.org

THE FACTS

1,700,000

The number of American children living in homes with guns that are both loaded and unlocked.

20 : The number of children who are hospitalized each day in the US due to gun-related injuries.

Of 152 school shootings since 2013, 79% were perpetrated by minors who obtained guns from home or the home of a friend or relative (as of October 2015).

79%

The number of child shootings in 2015. **235**

100 : Around 100 children, ages 17 and under, die each year in unintentional shootings.

The number of children, ages 17 and younger, who die annually by suicide with a gun. **400+**

2/3 : The number of kids who know where their parents keep their guns, even when they are not supposed to know according to a Harvard study.

IT DOESN'T HAVE TO BE THIS WAY!

You have the power to make a change. Here's what you need to know to help prevent needless deaths in our community, our county and our country.

JOIN US!

REFERENCES

<http://www.webmd.com/mental-health/recognizing-suicidal-behavior?>

www.mentalhealthamerica.net

www.psychiatry.org

www.mayoclinic.org

<https://bertnash.org>

<http://everytown.org>

<https://www.facebook.com/MomsDemandActionKS/>

www.BeSmartforKids.org

<http://everytownresearch.org/gun-violence-by-the-numbers>

JOIN US

Participate in educating our community and help bring awareness to the issue of gun safety.

IT WILL SAVE LIVES!

For more information and to download a copy of this brochure for your personal use and distribution, visit this website:

WWW.SAVEOURKIDS.INFO

This brochure is an outreach project of:

TRINITY EPISCOPAL CHURCH
1011 Vermont Street · Lawrence, Kansas 66044

www.trinitylawrence.org

"It is easier to build strong children than to repair broken adults."

FREDERICK DOUGLASS



OUR MISSION

To identify and coordinate with other like-minded organizations to increase awareness of gun safety, its relationship to mental health issues, and its effect on our children.

We will develop action that is relevant to our time, our context, and our locality.