Resources

**National Suicide Prevention Lifeline** 800.273.TALK
**Nebraska Family Helpline** 888.866.8660
**Boys Town National Hotline** 800.448.3000
**The Kim Foundation** thekimfoundation.org 402.891.6911
**13 Minutes** 13minutes.org

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Bryan Medical Center
bryanhealth.com/
mentalhealth
402.481.5991

Childrens Hosp. & Med. Center Behavioral Health
childrensomaha.org/mgn/Behavioral-Health.aspx
402.955.3900

Heartland Family Service
heartlandfamilyservice.org
402.552.7400

Lutheran Family Services of NE
lfsneb.org
402.342.7038

Nebraska Mental Health
nebraskamentalhealth.com

NOVA Treatment Center
novatc.org
402.455.8303

Region 6 Behavioral Healthcare
region6x.com
402.444.6573

CHI Behavioral Health
chihealth.com/mental-health
402.717.HOPE

Community Alliance
community-alliance.org
402.341.5128

Lasting Hope Recovery Center
deltantcreighton.com/
lasting_hope_recovery_center
402.717.HOPE

NAMI Nebraska
naminebraska.org
402.345.8101

NE State Suicide Prevention Coalition
suicideprevention.nebrask.edu

Project Harmony
projectharmony.com
402.595.1326

Veteran's Affairs
va.gov
402.346.8800

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The Kim Foundation is sponsored by the Larry Courtnage family and their associates at C&A Industries, Inc. as a way of giving back to the community and setting a corporate example of leadership toward positive change in the mental health field.

Our **mission** is to serve as a supportive resource and compassionate voice for lives touched by mental illness and suicide.

Our **vision** is a community free of suicide that embraces the importance of quality mental health services and prevention.

For additional information regarding The Kim Foundation, or to make a donation, please visit www.thekimfoundation.org or call 402.891.6911.
The Kim Foundation works to break down barriers of stigma that lead to feelings of isolation and helplessness, and encourages people to reach out for help. **We believe that mental illness is treatable, and through resiliency and hope, recovery and healing are possible.**

**The Kim Foundation Programs:**
- 13minutes – suicide prevention public awareness campaign
- A Voice for Hope & Healing – community presentations
- A Time for Hope & Healing – Annual Luncheon & Keynote
- Metro Area Suicide Prevention Coalition
- Metro Area LOSS Team
- Community outreach – displays & disbursement of materials at events
- Program grants for service providers
- Trainings and other educational opportunities
- Advocacy for consumers and family members
- Monthly newsletter and social media
- Resource Fair

**Mental Health Facts in America**

1 in 5 adults in America experience a mental health condition.

- 50% of all lifetime cases of mental health conditions begin by age 14 and **75%** by age 24.

**1 out of 6 students nationwide** (grades 9-12) seriously considered suicide in the past year.

- 90% of those who died by suicide had an underlying mental health condition.
- Every 13 minutes a person dies by suicide in the US.

- 60% of adults with a mental health condition didn't receive services in the previous year.

- 50% of youth with a mental health condition ages 8-15 didn't receive services in the previous year.

Serious mental illness costs America **$193.2 billion** in lost earnings every year.

Sources: nami.org, thenationalcouncil.org
Suicide takes a life every 13 minutes. KNOW THE SIGNS >> CHANGE THE STATS >>

KNOW THE SIGNS >>

Learning the warning signs of suicide could save someone’s life. While an individual may not be experiencing all of these warning signs, most will experience more than one and for an extended period of time. Some are obvious while some are more subtle, so it’s important to know what to look for and what to do next if you do notice these behaviors in someone you care about. With each of these warning signs, watch for a change from the individual’s typical behavior.

- Withdrawal
- Feeling trapped or in unbearable pain
- Giving away possessions
- Excessive drinking or substance use
- Acting anxious or agitated
- Talking about being a burden
- Displaying extreme mood swings
- Unexplainable physical pain
- Changes in sleep
- Risky reckless behavior
- Saying goodbye
- Feeling hopeless
- Talking or writing about wanting to die
- Increase in anger or rage
- Looking for a way to kill themselves

GET HELP NOW >>

If you are feeling suicidal or if you are concerned about an individual who is suicidal, there is immediate help available. A skilled, trained counselor at a crisis center is able to talk to you now and provide assistance.

Suicide Prevention Lifeline: 800.273.TALK (8255)

Boys Town National Hotline: 800.448.3000
Crisis Text Line: Text START to 741741
The Trevor Project: 866.488.7386
Your Life Your Voice: yourlifeyourvoice.org
**RISK FACTORS**

**Definition:** Things that have occurred or exist in someone’s life that increase their chances of suicide. Please note, someone who has experienced one or more of these may never think of suicide, but risk increases the more factors that exist.

- History of physical or sexual abuse, trauma, violence, pain
- Death or other trauma in the family
- Persistent serious family conflict
- Personal loss – death, divorce, separation
- Traumatic break-ups of romantic relationships
- Job problems, unemployment, financial loss
- Legal/criminal issues
- School failures & other major disappointments
- Bullying, harassment, or victimization by peers
- Struggling with gender identity or sexual orientation without adequate support
- Family history of alcoholism
- Past suicidal behavior & attempts
- Access to firearms

**CHANGE THE STATS**

Suicide is the 2nd leading cause of death for 15-34 year olds in the US

1 in 6 students nationwide (grades 9-12) seriously considered suicide in the past year

Every 13 minutes a person dies by suicide in the US

**HOW TO HELP**

- Never leave someone who is suicidal alone
- Never keep thoughts or comments about suicide a secret
- Know the warning signs
- Take any and all comments about suicide very seriously
- Be direct, and not afraid to ask the question
- ACT – Acknowledge, Care, Tell

**HOW TO HAVE THE CONVERSATION**

Have suicide prevention resources in hand when starting the conversation. Be specific. Tell them exactly why you’re concerned about them.

For instance:

- “I’ve noticed you stopped coming to _____ and you’ve lost interest in things you once enjoyed. I’m concerned about you. What’s going on?”
- “You seem down lately. How have things been going at _____?”
- “Tell me more about how you’re feeling.”

Validate their feelings and provide them with support and resources.

- “You’re not alone. We will get through this together.”
- It’s ok to say, “I want you to live.”

See more at 13minutes.org/askthequestion
The Metro Area LOSS Team

The Metro Area LOSS Team is based on a nationally recognized postvention effort to bring immediate support to survivors of suicide. LOSS acts as a first response team when a suicide occurs and works together with law enforcement officers, EMTs, first responders, chaplains, and school districts. Members of the LOSS team, which consists of survivor volunteers (persons who have experienced the suicide of a loved one) and mental health professionals, are activated by first response officials to the scene of the suicide and are present to offer resources, support, and sources of hope to the newly bereaved. Team members additionally provide follow up contact with survivors and help coordinate the utilization of services and support groups within the community.

Through programs such as LOSS, survivors are not only more likely to seek help for their own emotional response to the suicide, but are also at a significantly reduced risk to attempt or complete suicide themselves.

For more information on the Metro Area LOSS Team, contact:

Jill Hamilton, Project Coordinator
402.891.6911 • jhamilton@thekimfoundation.org

Metro Area LOSS Team Partners:

The Kim Foundation
www.thekimfoundation.org

Region 6
Behavioral Healthcare
www.regionsix.com

NEBRASKA LOSS Teams
Surviving Suicide
www.netlossteam.nebraska.edu

How can you help?

Become a LOSS Team Member
Are you a LOSS Team Member? The Metro Area LOSS Team is always growing. Visit www.thekimfoundation.org and click on the Metro Area LOSS Team banner to apply today.

Spread the Word
Do you know a suicide survivor who is looking to share their story of hope or in need of resources? Contact Jill Hamilton to learn about possible opportunities.

Stay Connected
Visit www.thekimfoundation.org to sign up for The Kim Foundation’s monthly newsletter to stay up to date on the Metro Area LOSS Team and suicide prevention efforts in our community.

For more information or to refer a loved one, call The Kim Foundation during regular office hours at 402.891.6911 or email Jill Hamilton at jhamilton@thekimfoundation.org.

“People don’t always need advice. Sometimes all they really need is a hand to hold, an ear to listen, and a heart to understand them.”

~ Anonymous