

# Social Emotional Well-being

## Resources for Families



During this time of dramatic change, many people may notice an escalation of stress and depression. If you, a family member or friend is having difficulty, it can be hard to know where to turn. Whether it is depression, stress or a safety concern, resources are available to help.

### Connections are Important

Studies show talking about suicide may in fact reduce rather than increase suicidal ideation. Just feeling connected to someone else can help.

### Resource Information

- **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 Messaging via a computer at TrevorChat
- **A Friend Asks App**  
Developed by the Jason Foundation can be downloaded for Android or iPhone



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### If you Suspect Child Abuse or Neglect

- If You Suspect a Child is being Abused or Neglected
- Contact the Kansas Protection Report Center (KPRC) at 1-800-922-5330
- Telephone lines are staffed 24 hours a day/7 days a week.
- Every call is taken seriously and every effort will be made to protect your identity.
- In the event of an emergency call 911

### Ways to Reduce Risk

**Reduce access to lethal means.** *Individuals are five times more likely to die by suicide when there is a firearm in the home.*

**Limit medication access.** *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.*

### Reasons to Contact Speak Up

- Drugs
- Threats
- Bullying
- Vandalism
- Self Harm/  
Suicide
- Other Safety  
Concerns

**If you See Something, Say Something.  
Contact Speak Up!**

# SP<sup>3</sup>EAK UP

To submit an **anonymous** tip, download the "p3 tips" app or visit [usd259.org/speakup](http://usd259.org/speakup)

 **SEE SOMETHING SAY SOMETHING**

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