

 <p>WICHITA PUBLIC SCHOOLS</p>	<p>THE SAFETY SERVICES DEPARTMENT 3850 N. Hydraulic, Wichita, Kansas 67219 • (316) 973-2260 (316) 973-2100 Security Communications http://www.usd259.org/safetyservices</p>	
--	---	---

How You Can Help

If you think someone is thinking of hurting or killing him or herself:

- Don't be afraid to ask "Are you thinking about hurting or killing yourself?"
- Do take a "Yes" answer seriously and take steps to support and help
- Stay with the person
- Listen!
- Let them know the limits of confidentiality
- Be non-judgmental, reassuring and positive
- Offer empathy, "I care and will help"
- Offer hope that alternatives are available
- GET HELP from professionals through the hotline number or other health care professionals

**If you or someone you know is thinking about SUICIDE,
please call 316-660-7500**



Please remember: threats about suicide must be taken seriously! If you suspect that the person is suicidal, *ask* about it directly. You will not cause someone to kill him or herself by asking him or her about suicide!