

# 2019 Annual Report Sedgwick County Suicide Prevention Coalition



**Suicide  
isn't the answer**

**We are here 24/7  
660-7500**

Sedgwick County...  
*working for you*

Suicide Prevention Coalition **YOU'RE NOT ALONE**



*Sedgwick County...  
working for you*

**KU** SCHOOL OF MEDICINE  
**WICHITA**  
The University of Kansas

# Thank You!

- Sedgwick County Health Department
  - Kaylee Hervey
- Sedgwick County Regional Forensic Science Center



*Sedgwick County...*  
*working for you*

24/7 Suicide Prevention Hotline  
316-660-7500



# 2019 Suicide Rate

- 94 suicide deaths in Sedgwick County.
- 18.4 suicide deaths per 100,000 Sedgwick County residents.

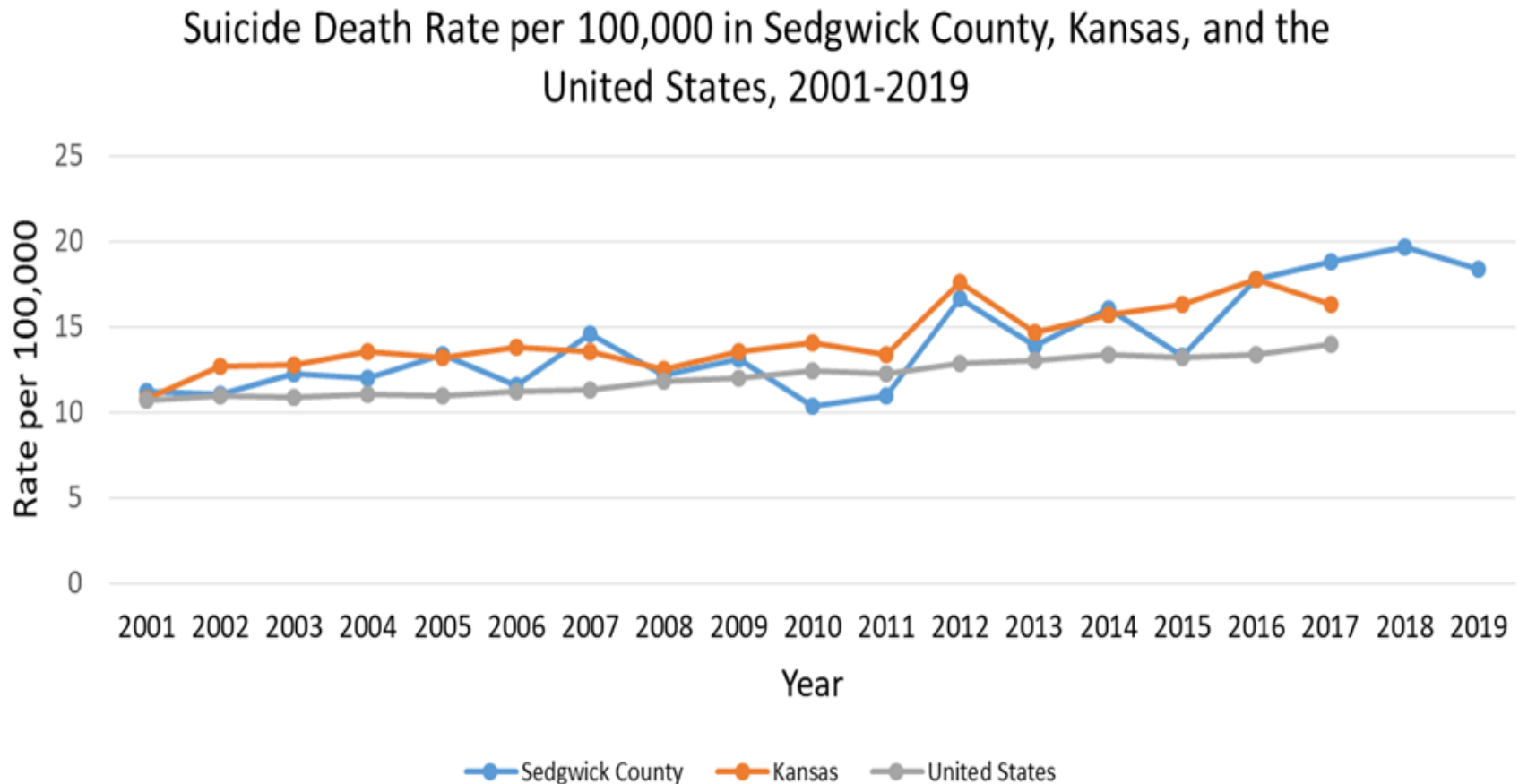


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# Comparisons with State and National Rates

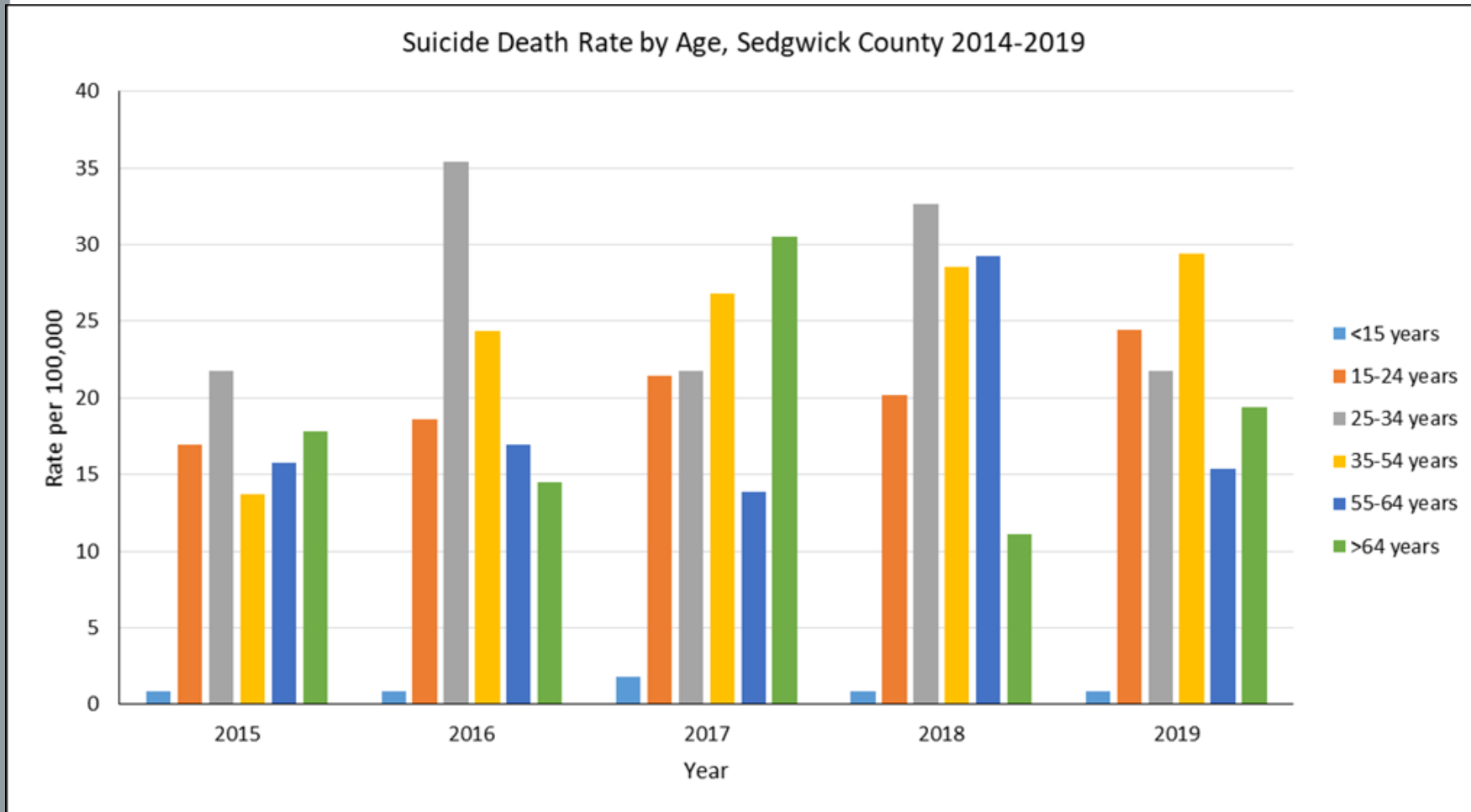


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# Suicide Rates per 100,000 by Age

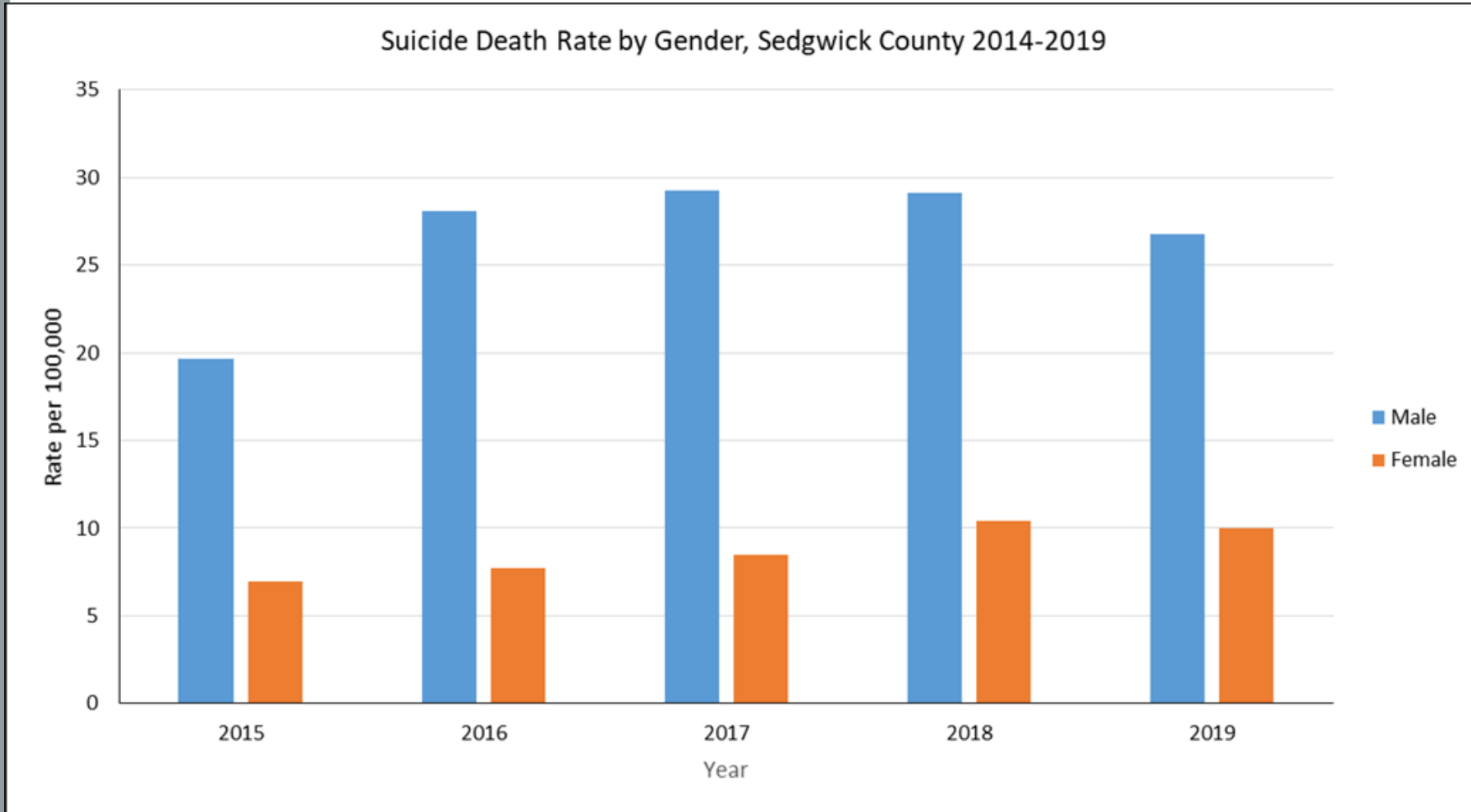


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# Suicide Rates per 100,000 by Gender

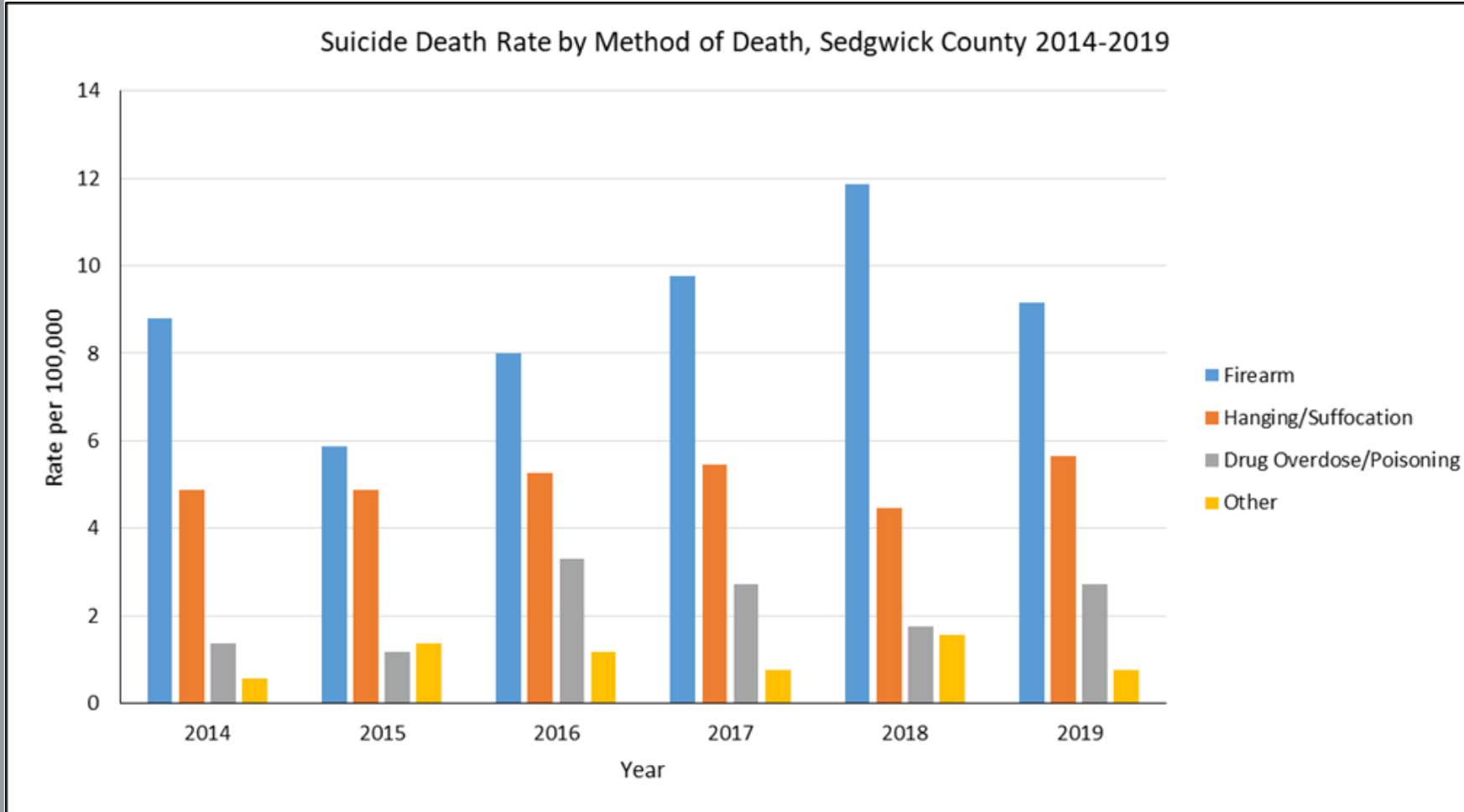


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# Suicide Rates per 100,000 by Method

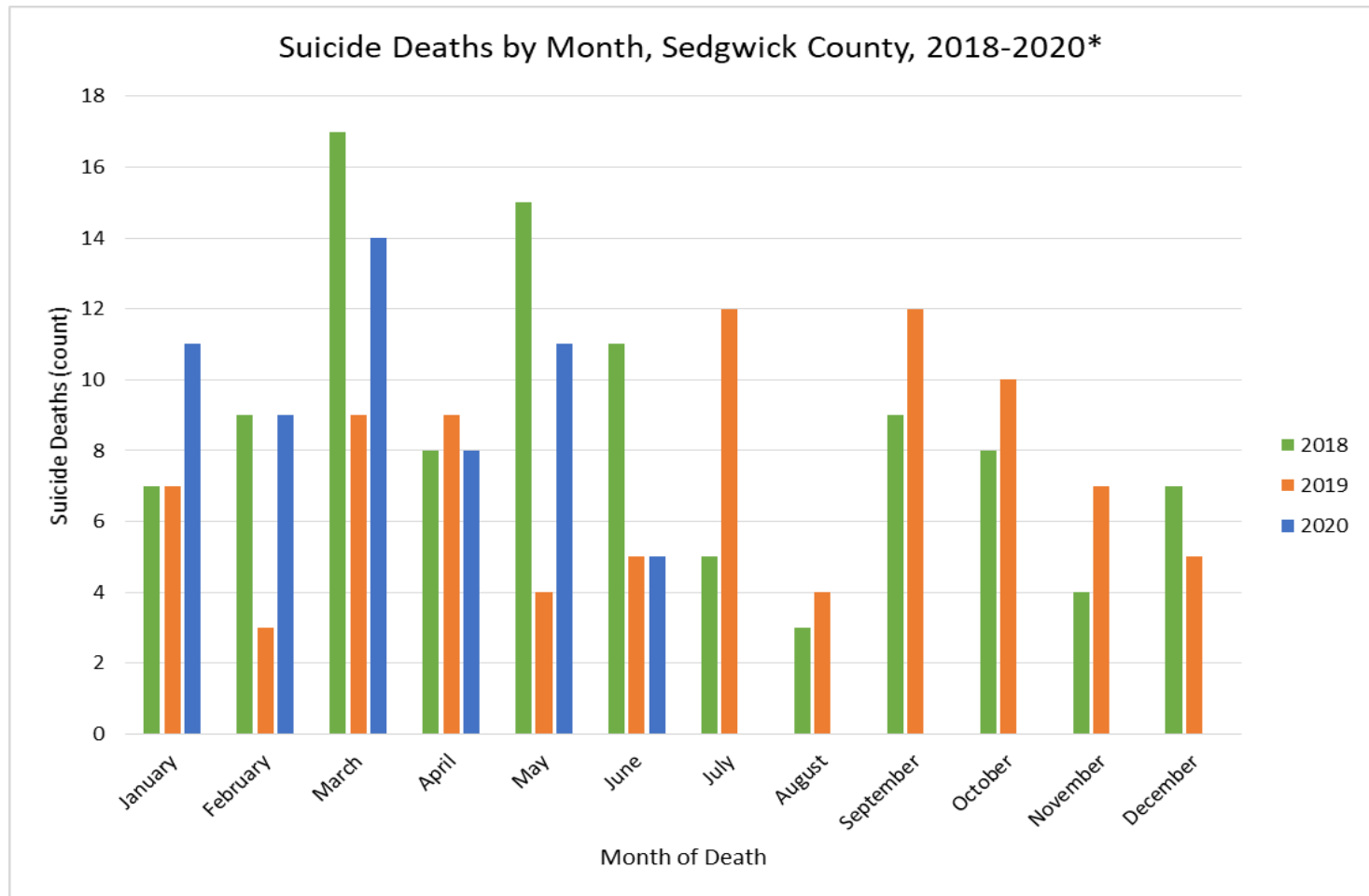


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# Preliminary 2020 data by Month



\*2020 data is preliminary and may change



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# Know the Signs

- **TALK:** No reason to live. Feeling trapped. Being a burden to others. Unbearable pain. Talk of killing themselves.
- **BEHAVIOR:** Increased alcohol/drug use. Isolation from family and friends. Sleeping too little/too much. Withdrawing from activities. Seeking access to pills/weapons or other means.
- **MOOD:** Depression. Loss of interest. Rage. Irritability. Humiliation. Anxiety.



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# What can you do?

- Take it seriously, if someone mentions suicide.
- Talk openly and matter-of-factly about suicide.
- Be willing to listen. Allow expressions of feelings. Accept the feelings.
- Offer hope that help is available.
- Do not leave him or her alone.
- Get help immediately!



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# Get Involved

- Community Health Improvement Plan
  - Email Victor Okwo at [Victor.Okwo@sedgwick.gov](mailto:Victor.Okwo@sedgwick.gov)
- StopSuicideICT hosting community scavenger hunt
  - Download Scavify app and search for “ICT Community Engagement”
  - Complete all 15 tasks to be entered for grand prize drawing
- Mental Health First Aid classes for youth and adults (at reduced capacity to allow for social distancing)
  - Sept 25
  - Contact Tina Prejean 660-7706
- <https://ichoosetotalk.org/>



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