

SUICIDE PREVENTION AMBASSADOR NEWSLETTER

SEPTEMBER 2025

UNDERSTANDING SUICIDE AWARENESS & PREVENTION

Myth: Talking about suicide or asking someone if they feel suicidal will encourage attempts. **FACT:** Talking about suicide provides the opportunity for communication.

Myth: Young people who talk about suicide never attempt or die by suicide. **FACT:** Talking about suicide may be a plea for help and can represent a late sign in the progression towards a suicide attempt.

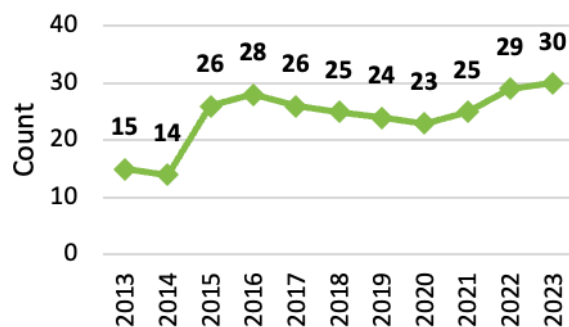
Myth: People who threaten suicide are just seeking attention. **FACT:** All suicide attempts must be treated as though the person has the intent to die.

Myth: All young people with thoughts of suicide are depressed. **FACT:** While depression is a contributory factor in most suicides, it need not be present for a person to attempt or die by suicide.

Myth: Only certain types of people become suicidal. **FACT:** Everyone has the potential for suicide.

SUICIDE DEATHS IN KENTUCKY

**Number of Suicide Deaths
to Children ≤ 17 ;
Kentucky, 2013-2023***



CONNECTING KENTUCKY TO BEHAVIORAL CRISIS CARE

988 was created to be easier to remember and make crisis care easier to access. Available 24/7/365 days and free-of-charge, callers to 988 will connect with a compassionate, highly trained counselor who can help address a behavioral.

ADDITIONAL RESOURCES

Additional Resources

AAP
BLUEPRINT FOR YOUTH SUICIDE
PREVENTION
The American Academy of
Pediatrics and American
Foundation for Suicide Prevention,
in collaboration with experts from
the National Institute of Mental
Health, created the Blueprint for
Youth Suicide Prevention as an
educational resource to support
pediatric health clinicians and
other health professionals.

https://www.aap.org/en/patient-care/blueprint-for-youth-suicide-prevention_

Healthy Children .org
Teen Suicide Risk: What Parents
Should Know
<https://www.healthychildren.org/>

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KY AAP SUICIDE PREVENTION CHAMPION

Want to become involved in this work?
Please contact:
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COMMON RISK FACTORS

- Mental Health Conditions
(eg. depression, substance use)
- Stressful events
(eg. bullying, trauma)
- Personal History
(eg. previous attempts, ideation)
- Family History
(eg. suicide, abuse, neglect)
- Access to Lethal Means
(eg, firearms, drugs)

PROTECTIVE FACTORS

- Strong family support / secure attachment
- Connection to school and engaged in learning
- Positive peer relationships
- Demonstrates coping or problem-solving skills
- Regular routines (sleep, meals, structure)
- Access to and/or history of mental health care
- Participation in extracurricular activities
- Cultural/spiritual identity and community support

RESOURCES CONTINUED...

AFSP

AMERICAN FOUNDATION FOR SUICIDE PREVENTION (AFSP) KENTUCKY CHAPTER

AFSP The Kentucky Chapter, founded in 2010, serves all of Kentucky and Southern Indiana (Floyd & Clark Counties). As a part of AFSP's growing nationwide network of chapters, they bring together people from all backgrounds who want to prevent suicide in their communities.

<https://afsp.org/chapter/kentucky>

CDC

CDC's Suicide Prevention Resource for Action (Prevention Resource) details the strategies with the best available evidence to reduce suicide.

<https://www.cdc.gov/suicide/resources/prevention.html>

AAS – Ask Suicide-Screening Questions (ASQ) Toolkit

<https://www.nimh.nih.gov/ASQ>