

### Know Who To Call

Wichita  
**316.660.7500**  
934 N. Water, Wichita, Kansas

Manhattan  
**1.800.SUICIDE (784.2433)**

Topeka 24 Hour Crisis Line  
**785.234.3300**

Emporia Emergency Services  
**620.343.2626**

Lawrence Counseling Service  
**785.841.2345**

Kansas City County Crisis Line  
**913.831.1773**

National Suicide Hotline  
**1.800.SUICIDE (784.2433)**

National Suicide Prevention Lifeline  
**1.800.273.TALK (8255)**

Emergency Medical Assistance: **911**

[www.endsuicide.org](http://www.endsuicide.org)  
[www.suicidology.org](http://www.suicidology.org)

You can not take responsibility for someone else's life. The decision to complete suicide is entirely theirs. HOWEVER, you can let them know you are there and that they are not alone. You can help them find healthy ways to cope and encourage them to get professional help.

YOU CAN HELP A FRIEND CHOOSE LIFE!

### Know What To Look For

- Changes in behavior
- Serious depression
- Changes in appetite or weight
- Change in sleeping habits
- Loss of interest in favorite activities
- Increasingly isolated
- Fatigue and decreased energy
- Feelings of worthlessness or guilt
- Feeling of hopelessness
- Saying they want to die
- Difficulty concentrating and making decisions
- Giving away prized possessions
- Preoccupation with death and dying
- Sudden drop in school or work performance
- Sudden feeling of peace after being suicidal
- Any of above could be positive or negative change in behavior
- Key: Change(s) in behavior

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