

Suicide Prevention Hotline - 660-7500



**2006
Sedgwick County
Suicide Prevention
Task Force
Annual Report**

"Suicide can be prevented"



*Sedgwick County...
working for you*



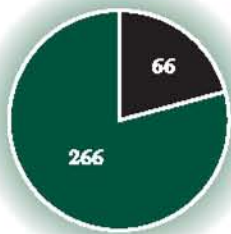
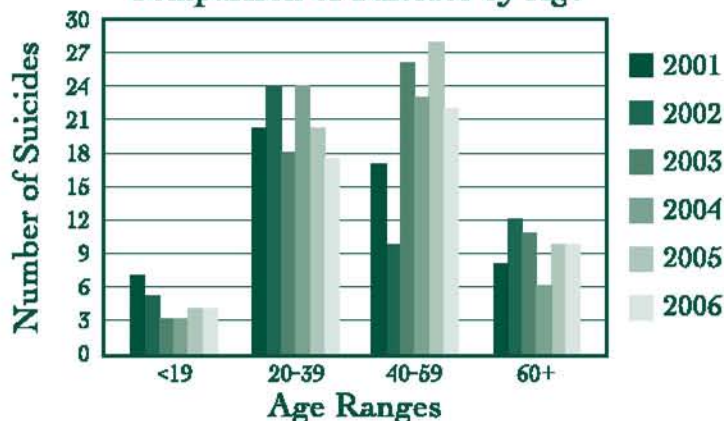


Who Commits Suicide in Sedgwick County?

Did you know that more people die from suicide in Sedgwick County each year than from homicide or from automobile accidents?

- > There were 53 suicides in 2006.
- > The average suicide victim was a white male in his early 40's. On average, people in their 40's have committed suicide more often than those in any other age range for the last 6 years.
- > July, September, and November were the most common months for suicides over the last 6 years.
- > The lethal combination of access to guns and the existence of depression and/or substance abuse continues to be a significant factor in our suicide totals.
- > Suicide by gunshot continues to be the most common method by more than double any other method. This is followed in order by suicide by hanging and drug intoxication.
- > Over half of all individuals who commit suicide report suffering from noticeable mental health distress (depression, drug/alcohol abuse, anxiety, etc.)
- > The most common substance found on toxicology reports was alcohol.

Comparison of Suicides by Age



Suicides by Gender

Male - 266

Female - 66

2001 - 2006

Suicides by Race

Caucasian - 294

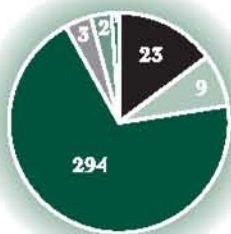
African American - 23

Hispanic - 9

Asian - 3

Native American - 2

Unknown - 1



2007 Upcoming Events

4th Annual 'Link 4 Life' Run to Prevent Suicide, Saturday, April 14, 2007, Sedgwick County Zoo. The Open 5K Run will start at 7:45 a.m., and the one-mile Zoo Tour Walk and special distance events for years 3 to 18 will begin at 8:30 a.m. The 'Link 4 Life' Run/Walk will be filled with exciting activities for all ages and will conclude with a celebration party with awards, entertainment, food, exhibits and hearty handshakes.

National Suicide Prevention Week, September 9-16, 2007. 40,000 bookmarks will be handed out to residents of Sedgwick County. The bookmarks will display warning signs and where to seek help.

National Survivors of Suicide Day, November 17, 2007 - Web cast and conference provides an opportunity for those who have lost someone to suicide to come together for support, healing, information and empowerment. The Web cast links local survivors around the country through a live broadcast by satellite and on the web. Sponsored by the American Foundation for Suicide Prevention.

Survivors of Suicide Support Group, 1st & 3rd Monday of each month, 7-8 p.m., 731 N. Water, Suite #2, Wichita. For more information call 660-7500.

Yellow Ribbon Suicide Prevention Program at area Middle & High Schools. Yellow Ribbon focuses on providing education about depression and suicide prevention, and teaches students that they can be an important link in the life of a friend, family member or even themselves in times of despair and hopelessness.

For more information regarding these events, contact Bev Baalman at 660-7652, or visit the Suicide Prevention web site at www.sedgwickcounty.org.



Warning Signs

Is this you or someone you know?

- > Hopelessness
- > Endless worry
- > Rage, uncontrolled anger, agitation, seeking revenge
- > Dangerous behavior
- > Feeling trapped - like there's no way out
- > Increased alcohol or drug use
- > Withdrawing from friends, family and society
- > Unable to sleep or sleeping all the time
- > Dramatic mood changes
- > No reason for living; no sense of purpose in life
- > Hinting at not being around in the future or giving away cherished items

Suicide can be prevented. While some suicides occur without any outward warning, most do not. The most effective way to prevent suicide among loved ones is to learn how to recognize the signs of someone at risk, take those signs seriously and know how to respond to them. The emotional crisis that usually precedes suicide is most often both recognizable and treatable.

- > LISTEN, LISTEN, LISTEN
- > Don't promise to keep their comments of suicide a secret; and
- > Help them to get help by talking to a family doctor, counselor, clergy, by calling the Suicide Prevention Hotline or going to an emergency room.

Suicide Prevention Hotline - 660-7500
24 Hours/7 Days a Week

How You Can Help



2006 Sedgwick County Suicide Prevention Task Force

Suicide Prevention Hotline - 660-7500

Terri Moses - Chair
Alex Reed, Ph.D. - Co Chair
Bev Baalman
Claudia Blackburn
Kevin Bomhoff
Jon Burghart
Bob Burns
Harold Casey
Randy Class
Lois Clendening
Jason Deselms, Ph.D.
Deborah Donaldson
Shelley Duncan
Annette Graham
Liz McGinness
Vickie McArthur
Rose Mary Mohr, Ph.D.
DeAndre Morris
Sheldon Preskorn, M.D.
Bill Rush
Susan Smith
Elsie Steelberg, M.D.
John Sullivan
Debbie Willsie

2006 Board of Sedgwick County Commissioners

Dave Unruh - 1st District
Tim Norton - 2nd District
Tom Winters - 3rd District
Lucy Burtnett - 4th District
Ben Sciortino - 5th District

www.sedgwickcounty.org

