

Kentucky Suicide Prevention Awareness Resource Guide



HOW TO USE THIS RESOURCE KIT

LEARN

Learn more about suicide and suicide prevention, including facts about suicide, tools and guides for prevention and language, and resources available to help those in crisis.



Also included in this kit is a list of upcoming events across the state. These events are great ways to get involved and show your support.







Contents

- Why is Suicide Prevention Month Important?
- Language Matters
- Protective Factors
- Warning Signs
- 988 FAQs
- Public Messaging Guidelines
- Ways to Raise Awareness
- Dates & Events
- Suicide Prevention Resources
- Suicide Postvention Resources
- Mental Wellness Resources



WHY IS SUICIDE PREVENTION MONTH IMPORTANT?

History of Suicide Prevention Awareness Month

Since being declared "National Suicide Prevention Awareness Month" in 2008, September has become a time to raise awareness about suicide, acknowledge those who have lost someone to suicide, and connect to help when needed.

Suicide Prevention Month

Suicide can affect anyone, regardless of age, gender, or background. While suicidal thoughts can arise in anyone, they may signal a deeper issue.

This month offers an opportunity to normalize discussions about mental health, break stigma, and spread messages of hope; to unite communities, friends, families, and coworkers to raise awareness about suicide and to ensure everyone has access to the support they need.

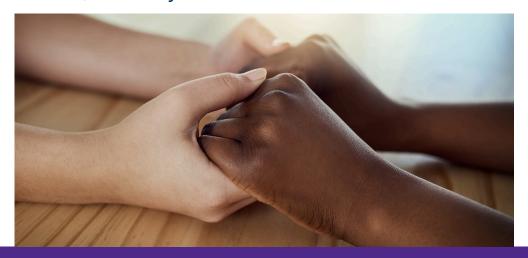


Language Matters

When someone dies by suicide, we often don't know how to talk about it or the words to use to address it.

Use the language below as a guide when talking about suicide.

- <u>Died by Suicide:</u> Preferred terminology for describing death resulting from suicidal behavior. The act of suicide is understood as being connected to severe psychological pain, feelings of hopelessness, and social isolation..
- Person with Lived Experience: In the field of suicide prevention,
 lived experience with suicide is referred to as "suicide-centered
 lived experience." Individuals with suicide-centered lived
 experience include those who have had thoughts of suicide,
 survived a suicide attempt, lost a loved one to suicide, or provided
 substantial support to a person with direct experience of suicide.
- <u>Suicide Attempt:</u> When someone harms themselves with an intent to end their life, but they do not die as a result of their actions.





Language Matters

- <u>Suicide Behaviors:</u> Suicide, suicide attempts, suicidal ideation, and planning/preparation done with the intent of attempting or dying by suicide.
- <u>Suicidal Ideation:</u> A broad term used to describe a range of contemplations, wishes, and preoccupations with death and suicide.
- <u>Suicide Exposure:</u> Refers to anyone affected by a suicide, including first responders, family members, therapists, and community members, among others. Suicide exposure also occurs after a death in schools, workplaces, and close-knit communities.
- <u>Suicide Loss Survivors:</u> A person who has lost a family member, friend, classmate, or colleague to suicide. Sometimes called "suicide survivor," although the term "suicide loss survivor" is often favored to avoid confusion with "suicide attempt survivor."



For more information and definitions please visit: tinyurl.com/Suicide-Terms



Tips for Talking About Suicide

Consider Saying...

Suicide attempt/attempted suicide

Died by suicide/suicide death (

Took their own life

Died as the result of self-inflicted injury

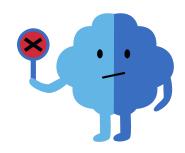
Instead of...

Failed suicide or unsuccessful attempt

Successful or completed suicide

Committed suicide

Chose to kill him/herself





Tips for Talking About Mental Health

Consider Saying...

Mental health condition

Mental health

"My daughter has bipolar disorder"

Person with a mental health condition

Lives with, has or experiences

Instead o

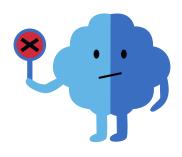
Brain disorder or brain disease

Mental Illness

"My daughter is bipolar"

Consumer, client, or patient

Suffers from, afflicted with, or mentally ill





Protective Factors for Suicide and Mental Health

Protective Factors Defined by SAMHSA:

"Protective factors are characteristics associated with a lower likelihood of negative outcomes or that reduce a risk factor's impact. Protective factors may be seen as positive countering events."

Some protective factors include, but are not limited to:

- Involved in effective physical and/or mental healthcare
- Connected to a trusted adult/mentor
- Are able to talk with family about their feelings
- Feel understood and accepted by family during difficult times
- Are accepted and supported in their identity (family, peers, school)
- Live in a supportive, safe, and stable environment
- Have healthy coping skills
- Have adequate life skills (including problem solving skills, ability to adapt to change)
- Have a willingness to access support/help
- Have positive self-esteem and a sense of purpose or meaning in life





Warning Signs: FACTS

Feelings - Hopelessness, anxiety, desperation.

<u>Actions</u> - Aggression, risky behavior, self-harm, online suicide searches, bullying behavior.

<u>Changes</u> - Observable changes in behavior or appearance, withdrawing from friends or changes in social activity, anger or hostility, changes in sleep.

<u>Talk, Threats</u> - Talking about, writing about, or making plans for suicide.

<u>Situations</u> - Stressful situations including loss, change, humiliation, trouble at home, or legal troubles are triggers for suicide.

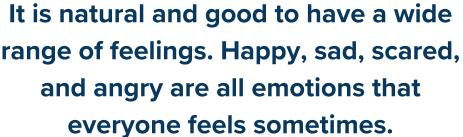




How do I know when I need help?

















It is helpful to ask yourself,
"How long do I stay upset when
something bothers me?"



If you stay upset for longer than you think you should, or longer than you normally do, you should tell a trusted adult.



It is always okay to ask your friends, family, teachers, or other trusted people for help when you are experiencing strong emotions.







FAQS ABOUT 988

WHAT IS 988?

988 is the three-digit dialing code connecting people to the existing National Suicide Prevention Lifeline, where compassionate, accessible care and support are available for anyone experiencing mental health-related distress—whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress.

People can also dial 988 if they are worried about a loved one who may need crisis support.

WHAT HAPPENS WHEN I CALL 988?

When calling 988, callers first hear a greeting message while their call is routed to the local Lifeline network crisis center. A trained crisis counselor will answer the phone, listen to the caller, understand how their problem affects them, provide support, and share resources if needed.

WILL 988 CALLS BE REFERRED TO 911?

The primary goal of the Lifeline is to support people in suicidal crisis or mental health-related distress in the moments they most need it. While some safety and health issues may warrant a response from law enforcement and/or Emergency Medical Services, the 988 coordinated response is intended to promote stabilization and care in the least restrictive manner. Currently, a very small percentage of Lifeline calls require activation of the 911 system, and only when there is an imminent risk to someone's life that cannot be reduced during the Lifeline call. In these cases, the crisis counselor shares information with 911, which is crucial to saving the caller's life.





FAQS ABOUT 988

The 988 Social Media Toolkit includes a variety of resources including:

- New social media shareable for use in helping spread awareness of 988
- Social media posts, print materials (scroll to "Notecards")
- New Spanish materials
- "Reasons to Connect" social media posts and videos are available in both English and Spanish

https://www.samhsa.gov/find-help/988/partner-toolkit/social-mediashareables

Team KY 988 also has KY-specific marketing materials available for sharing and download at tinyurl.com/988Marketing

















The marketing folder includes social media posts, official logos, brochures, coloring books, posters, one pagers, and more, with materials available in both English and Spanish.

MESSAGING GUIDELINES FOR THE PUBLIC ABOUT SUICIDE

Key Reminders

- · Avoid oversimplifying- suicide rarely has a single factor cause
- Avoid conveying suicide as unsolvable or as an epidemic
- Use appropriate imagery (Focus on positive images)
- Avoid stigmatizing language
- Avoid glorifying
- Incorporate the voices of lived experience

For more information, visit <u>framework for successful messaging</u>.



Key Messages to Share

- We can all work towards preventing suicide
- Suicide should be treated/discussed like any other health issue
- Physical and social connections are key protective factors
- Support is available
- Stories of hope, survival, recovery, and support should be promoted

Crafting Safe and Impactful Messaging for Suicide Prevention Month and All Year Long

Public messaging about suicide can either deter or encourage help-seeking.
While some messages may increase risk among vulnerable individuals,
effective communication can promote resilience, encourage seeking help, and
highlight prevention efforts.

What is the National Action Alliance for Suicide Prevention's Framework for Successful Messaging?



Visit <u>here</u> for more information on the Action Alliance framework





WAYS TO RAISE AWARENESS ABOUT MENTAL HEALTH AND SUICIDE

Suicide Prevention Month: Ways to Take Action

- Learn warning signs of suicide and educate others.
- Use non-stigmatizing language when discussing mental health and suicide.
- Understand suicide statistics.
- Engage in effective suicide prevention methods.
- Participate in or initiate community suicide prevention initiatives.
- Attend and promote suicide prevention events.
- Share resources via social media and community signage.





SEPTEMBER SUICIDE PREVENTION AWARENESS DATES

September is Suicide Prevention Month

"During the month of September, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness."

For more information please visit:

988lifeline.org/promote-national-suicide-prevention-month/

#BETHE1TO

Construction Suicide Awareness Week September 9, 2025- September 12, 2025

"In 2020, volunteers from the construction industry united to launch the inaugural Suicide Prevention Week. Their mission: raise awareness about the industry's elevated suicide rates and offer vital resources for prevention."

For more information please visit: constructionsuicideprevention.com/

National Suicide Prevention Week

September 7, 2025- September 13, 2025

This week is a time to promote suicide prevention awareness through the sharing of stories, resources and education.

For more information please visit: afsp.org/national-suicide-prevention-week/

World Suicide Prevention Day September 10, 2025

World Suicide Prevention Day (WSPD) was established in 2003 by the International Association for Suicide Prevention in conjunction with the World Health Organization (WHO). Each year, WSPD aims to "focus attention on the issue, reduces stigma, and raises awareness among organizations, governments, and the public, giving a singular message that suicides are preventable."

For more information please visit: who.int/campaigns/world-suicide-prevention-day

Kentucky Farmer Appreciation Day

"Farmer Appreciation Day" was created to encourage citizens of the Commonwealth to recognize the mental health challenges faced in the farming community and to fully support farmers and farm families who produce the food, fiber, feed, and fuel for this nation and the world.

For more information on resources for farmers and their families please visit: kyagr.com/marketing/raising-hope.html



SEPTEMBER SUICIDE PREVENTION AWARENESS DATES



CONSTRUCTION SUICIDE PREVENTION WEEK 2025



Monday, Sept. 8

Join us for a moment of silence at: 2:50 p.m. Eastern 1:50 p.m. Central 12:50 p.m. Mountain 11:50 a.m. Pacific 10:50 a.m. Alaska

8:50 a.m. Hawaii



ConstructionSuicidePrevention.com

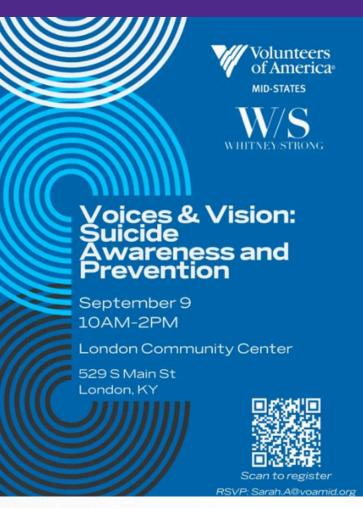


World Suicide Prevention Day
10 September

#StartTheConversation







How to Survive and Thrive

Sept 6th, 2025 9:00 a.m. - 12:00 p.m. Ohio County Park Buildings 1 & 2, 2300 KY-69, Hartford, KY

Activities the whole family can enjoy! Various booths will be set up to teach valuable skills like how to change a tire, find a water leak, and help someone at risk of suicide.

HOW-TO SURVIVE & THRIVE

LEARN HOW TO DO 30+ THINGS IN 3 HOURS









Be Healthy Bash UK HealthCare and UK Cooperative Extension Service

Sept. 20, 2025 11 a.m. - 3 p.m.**Fayette County Extension Office**

1140 Harry Sykes Way Lexington, KY 40504

tinyurl.com/BeHealthyBash25

BE HEALTHY BASH





Please join the EKU Psychology Clinic and Brothers Run in honor of World Suicide Prevention Day

STIGMA AND SUICIDE: BREAKING THE SILENCE TO SAVE LIVES

With Dr. Thomas Joiner

Author of Why People Die by Suicide and The Interpersonal Theory of Suicide

Panel Discussion led by Dr. David Maynard with Dr. Willie McBride, Fr. Steve Roberts, Veteran Jockey Mike Smith, Bruce Simpson, and Jessamine County Deputy Coroner Cassie Robinson

Survivors and Self-Stigma with Dr. Julie Cerel

Postvention among Survivors of Suicide Loss with Beck Whipple and Stephanie Brandt

Postvention Panel led by Rev. Greg Horn with Jessica Wheeler, Nathan Miller, and Sara Janes

Friday, September 26th 8:30 am – 4:30 pm

EKU Main Campus Perkins Conference Center 4436 Kit Carson Drive Richmond, Kentucky 40475 6 CEs for Psychology, Social Work, and
Counseling
Lunch
Training Materials
\$75 Registration for General Admission
\$125 Registration for Professionals needing
CEs
Free for EKU students



Follow the link or scan the QR code to register:



https://commerce.cashnet.com/ EKUPSYD2

For more information, please contact Karyn Brandenburg at Karyn.brandenburg@eku.edu



988 SUICIDE & CRISIS





Learn to understand the warning signsand how to act with care.







Suicide Awareness Month Veteran Events

Wednesday

+Suicide Prevention

Pop-Up

11AM - 1PM

@Bowling, Main Lobby

World Suicide

Prevention Day

+Suicide Prevention Pop-Up

11AM - 1PM

@Sousley Courtyard

National

Punctuation Day

Learn more about

Project Semicolon!

Lethal means safety is any

action that builds time and

space between a suicidal

thought and the ability to

harm oneself. It's not a one

size-fits-all approach - what

works best for you?

Thursday

National Suicide Prevention Month

Monday

*Not sure where to

start? Take a mental

health self-check!

* Vereruna Crisis Line

+988 Walk

8AM - 9AM

@Sousley, Building 1

Wellness Jam Session

11-00AM - 12-30PM

@Belvedere Shelter

National Coffee Day

et aside time to check in

on a friend's mental

health over coffee!

DIAL 988 then PRESS ()

The Suicide Prevention Team remains committed to advocating, outreaching, and supporting our staff and Veterans in our most critical mission - preventing Veteran suicide.

Tuesday

Telephone Tuesday

Tell a friend about the

Veterans Crisis Line!

16

23

Still nervous asking

about suicide? Learn

more about how to

support Veterans in

need





28

Sunday

IT'S SECURE.

Out of Darkness Walk

@Bowling Green, KY

Out of Darkness Walk

@Hopkinsville, KY

GUNSTORAGE O MEM

MAKE SURE



MORE SECURI



@Elizabethtown, KY

DEFENSE SUICIDE PREVENTION OFFICE

If you or any fellow Service member is in crisis, 988 Suicide & Crisis Lifeline provides 24/7, free and confidential support via phone or chat for people in distress, resources for you or your loved ones, and best practices for professionals. For the Military/Veterans Crisis Line, dial 988 and press 1 or text 838255.



⁺Open to any interested participant

^{*}Non-VHA community event

ROMAN CATHOLIC DIOCESE OF LEXINGTON

A MASS FOR
Suicide Healing
AND
Remembrance.



THE MOST REVEREND JOHN STOWE, OFM CONV., PRESIDING

SATURDAY, SEPTEMBER 13TH 3:00 P.M. CENTRO DE SAN JUAN DIEGO 1389 ALEXANDRIA DRIVE LEXINGTON, KY 40504



THIS MASS IS OPEN TO EVERYONE AND SERVES
TO REMEMBER LOVED ONES LOST BY SUICIDE AND TO PROMOTE
HEALING FOR THOSE WHO GRIEVE THEIR PASSING.



Owensboro Regional Suicide Prevention Coalition



Saturday, Sept. 20th, 2025 9am-12pm Moreland Park

For any questions or more information about sponsorship levels, please email: president@orspc.org

988 & CRISIS





Suicide Awareness Month Walks

NAMI Louisville Step Forward for Mental Health Walk

September 13th, 2025 at 9:00 AM Harbor Lawn at Waterfront Park

Walk to educate and raise awareness about mental health issues in our community.

NAMI Louisville's largest fundraising event brings together hundreds of individuals and families affected by mental illness, as well as members of the business and civic community, who along with NAMI Louisville are working to make positive changes in mental health. Walkers gather for a festive warm-up before trekking together along the Ohio riverfront to support community wellness. The casual two-mile walk or shorter half mile is a heartwarming experience that culminates with a lively celebration at the finish line.

There will be food, a silent auction, vendors, and games!

Brothers' Run 2025

September 6, 2025 at 9:00 AM Falling Spring Center, Versailles, KY

CHARITY BENEFICIARY

This race will benefit Brothers' Run Foundation. Brothers' Run Foundation is a non-profit [501(c) (3)] created to promote school programs providing adolescent mental health, suicide prevention and awareness. It was established in honor of brothers Mason and Ethan Gilbert.

RACE FEATURES

Scenic, 3K (1.86 miles) course through downtown Versailles and on paved trails Chip timed competitive 3K run/walk (Walkers and strollers welcomed)
Overall M/F (1st, 2nd) & Age Group Awards (5 Year AGs M/F, 1st & 2nd)
Medals for the kids registered ages 0-9
Commemorative Tech T-shirts (3K runners/walkers)
Virtual Runner/Walker opportunity for those who can't join us in person

For more information or to sign up, visit https://www.brothersrun.com or the Facebook Page Brothers' Run



Suicide Awareness Month Walks





FOR SUICIDE PREVENTION

FOR MORE INFORMATION:

Dominique Ellis 606-329-8588, ext. 4119 dellis@pathways-ky.org

Youth & Adults Everyone Welcome!



AFSP Out of the Darkness Community Walks





Elizabethtown, KY

09/27/2025

Elizabethtown Sports Park

Check-in Time: 8:00 am Walk Start Time: 10:00 am Contact Information Walk Chair: Jake Richardson (He/Him), 502-203-8090, hcjakerichardson@gmail.com

Hopkinsville, KY

09/21/2025

Stadium of Champions

Check-in Time: 1:00 pm Walk Start Time: 2:00 pm Contact Information Valerie Singleton, 270-348-1795, godcanandgodwill@hotmail.com

Carrollton, KY

09/20/2025

Point Park.

Check-in Time: 9:15 am Walk Start Time: 11:00 am **Contact Information** Walk Chair: Holly Dawson (She/Her/Hers), 502-396-5412, carrolltonootd@gmail.com



Bowling Green, KY

09/14/2025

Hot Rods Stadium

Check-in Time: 11:30 am Walk Start Time: 1:00 pm **Contact Information** Walk Chair: Katelyn Simpson, 502-599-4408, bowlinggreenootd@gmail.com

Paducah, KY

Date: 09/20/2025

WKCTC Campus

(Western Kentucky Community & Technical College)

> Check-in Time: 9:00 am Walk Start Time: 10:00 am Contact Information:

Walk Chair:

Tonya Newton 270-210-7729, paducahootd@gmail.com

To register for a walk, visit

https://supporting.afsp.org/index.cfm? fuseaction=register.start&eventID=9578



VIRTUAL SEPTEMBER SUICIDE PREVENTION TRAINING DATES







CALM CLINICAL WORKSHOP

In-Person: Thursday, Sept. 11th <u>Virtual:</u> Tuesday, Sept. 16th

All courses 8:30 a.m. - 12 p.m. EST

The Counseling on Access to Lethal Means (CALM) Clinical Workshop is a 3.5-hour training that aims to help those in mental health, medical, and human service professions to counsel individuals and their families to temporarily reduce access to firearms and dangerous medications during times of heightened suicide risk.

Workshop participants will

- Be able to provide a rationale for using means safety interventions
 - Articulate multiple options for increasing the safety of firearm storage
- Outline steps for reducing access to dangerous doses of medication
- Practice conducting means safety



Register Now!

Ask a question **Save a life**

QPR Suicide Prevention Training

Why it's important

- Suicide is the second leading cause of death in Kentucky for ages 10-34.
- More than 800,000 people die by suicide each year worldwide.

Free training and certification Self-paced online

What you'll learn

- Common myths about suicide
- How to recognize early warning signs of suicide
- How to respond to a person in crisis

988 Suicide & Crisis Lifeline

If you or a loved one is thinking about suicide or experiencing a mental health crisis, call or text 988 Suicide & Crisis Lifeline immediately.

You can make a difference

Learn the three steps that anyone can take to help prevent suicide.



Scan for more information



Question. Persuade. Refer. ukhealthcare.com/qpr

WEBINAR

TRAUMA-INFORMED CARE TRAINING

Tuesday, September 1:00 PM EST

Learning Objectives

- Understand an overview of trauma, traumatic stress and prevalence
 Recognize the impact of trauma exposure on brain and body
- Recognize the impact of trauma exposure on brain and body development and functioning
 Learn the impact of exposure to each childhood trauma account to liferone.
- Learn the impact of exposure to early childhood trauma across the lifespan
 Dealize the tall of trauma exposure on professional providers and learn of
- Realize the toll of trauma exposure on professional providers and learn strategies to attenuate negative impact
 Be able to utilize Trauma-informed Care approaches in prevention and intervention
- responses
- Appreciate the importance of resilience and identify activities to build resilience







KENTUCKY





VIRTUAL
MENTAL HEALTH
FIRST AID
ADULT COURSE

WEDNESDAY, SEPT. 10TH

Do you know what to do if someone close to you is having a mental health challenge?

We can help you help them in the moment.

Mental Health First Aid is an evidence-based program designed to help community members identify and assist in mental health issues that friends, family members, coworkers, or neighbors are experiencing. Updated content includes this virtual model that has 2 hours of self-directed pre-work and then 6 hours of instructor-led Zoom training.



SUICIDE PREVENTION AWARENESS RESOURCES

Utilize these resources to promote suicide prevention awareness activities, prevention education, how to seek help, and more.

National Action Alliance For Suicide Prevention:

The National Action Alliance website has resources for suicide prevention month that include messaging, campaign resources, email sign ups, calendar events and much more.

For more information visit: theactionalliance.org/bethere

SPRC Suicide Prevention Resource Center: Suicide Prevention Month Ideas for Action September 2025

SPRC offers resources on effective suicide prevention, messaging campaigns, event participation, safe messaging creation, promoting help-seeking, Suicide Prevention Month awareness, and more.

For more information visit: sprc.org/wp-content/uploads/SPM-Ideas-for-Action-2024.pdf

Center for Disease Control and Prevention: Suicide Prevention Partner Toolkit

CDC's Suicide Prevention Month Toolkit features sample social media graphics and messages emphasizing the critical role of personal connections in suicide prevention. It also promotes coping skills for stress resilience and raises awareness about the 988 Suicide and Crisis Lifeline.

For more information visit: cdc.gov/suicide/resources/partner-toolkit.html

National Institute of Mental Health: Suicide Prevention

This suicide prevention website offers resources on suicide basics, warning signs, risk factors, finding help, and more.

For more information visit: nimh.nih.gov/health/topics/suicide-prevention

Kentucky Department of Veteran Affairs

The Kentucky Department for Veteran Affairs provides Kentucky veterans and their families with benefits and services. *For more veteran resources and suicide awareness events please visit:* veterans.ky.gov/Pages/index.aspx



SUICIDE POSTVENTION AWARENESS RESOURCES

Use these postvention resources to aid healing after a suicide, find grief counseling, seek help, and access support services.

Alliance of Hope: For Suicide Loss Survivors

The Alliance of Hope for Suicide Loss Survivors was created by survivors for survivors. As a 501(c)3 charitable nonprofit, we provide online healing support and other services for people who are coping with devastating loss to suicide. Our online forum operates like a 24/7 support group. Our website contains support resources and information on the survivor experience.

allianceofhope.org/our-story/

Tragedy Assistance Program for Survivors (TAPS)

TAPS is the national nonprofit organization providing compassionate care and comprehensive resources for all those grieving a death in the military or veteran community.

taps.org/

Infinite Hope of Kentucky

Infinite Hope helps the survivors of suicide navigate through their loss and grief by providing the families with resources and support.

infinitehopekentucky.com/

National LOSS

LOSS provides support for people coping with the shock, grief, and complex emotions that often accompany the loss of a loved one to suicide.

losscs.org/

Dougy Center

Dougy Center provides grief support in a safe place where children, teens, young adults, and their families can share their experiences before and after a death.

dougy.org/



MENTAL WELLNESS RESOURCES

Improving and maintaining mental wellness helps to prevent suicide by building resilience and life skills and providing opportunities to connect with others.

Mental Health Promotion Resources

Download fact sheets, mental health tips, and other resources to support your mental health for free:

tinyurl.com/MHPResourcesKY

National Institute of Mental Health - Caring for your Mental Health

Learn the basics of mental health self-care: nimh.nih.gov/health/topics/caring-for-your-mental-health

National Institute of Mental Health - Your Healthiest Self

Find tips for improving emotional, social, physical, and environmental wellness: nih.gov/health-information/your-healthiest-self-wellness-toolkits

Mental Health America - Workplace Wellness Toolkit

Toolkit to help support employee mental health and well-being: mhanational.org/workplace/toolkit

National Institute of Mental Health - I'm So Stressed Out

Understand the difference between stress and anxiety and how to manage each: nimh.nih.gov/health/publications/so-stressed-out-fact-sheet

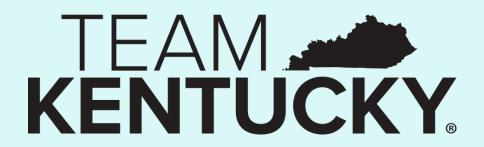
Mental Health America - Navigating Virtual Spaces for Youth

Resources to help young people navigate the virtual world <u>mhanational.org/youth-tech</u>

Mental Health America of Kentucky - Mental Health Screening

Everyone experiences times of anxiety, stress, and sadness. Knowing when it's time to seek professional mental health assistance is important. screening.mhanational.org/screening-tools/?ref=MHAKY





CABINET FOR HEALTH AND FAMILY SERVICES

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