

Coalition Worksheet for Youth Suicide Prevention Task Force

Please complete as much as possible and submit to Crystal.Moe@ag.ks.gov

Name of your organization:	National Alliance on Mental Illness (NAMI) Kansas
Best Contact Information to be Publically Shared:	Name: Andy Martin, Director, Communications and Development Email: amartin@namikansas.org Website: https://namikansas.org/ Phone: 785-233-0755
Purpose of your organization:	NAMI Kansas is a state-wide organization of the National Alliance on Mental Illness – a self-help, membership association of individuals living with mental illness, their family members and friends, dedicated to improving the lives of those affected by mental illnesses. We provide leadership and work in partnership with local affiliates to ensure peer support, advocacy, and education.
What efforts have proven to be successful in your purpose to address youth suicide:	<ol style="list-style-type: none"> 1) Awareness – NAMI Kansas working every day to eliminate the negative stigma of mental illness. 2) Support Groups for people affected by mental illness - With support groups, people with a mental illness and their family members, are learning that they are not alone month after month, year after year, in 14 different communities across Kansas. 3) Education Programs for peers and families - NAMI education programs are tested and validated with proven research and lead by people lived experience to help people struggling to understand mental illness in themselves and in others.
What hurdles have you experienced and/or lessons learned through your efforts:	<ol style="list-style-type: none"> 1) Negative stigma of mental illness is real. The negative stigma of death by suicide is a stigma within a stigma. The more people talking about recovering with mental illness, recovering from an attempted suicide or the life of a friend or family member after a death by suicide the better Kansas will be. 2) Life is important. The ability to live life fully and as a fully function human being is not easy. Everyone needs help and support now and then, and NAMI is here to help anyone who wants help. 3) Advocacy for mental health in Kansas is not easy. Negative stigma of mental illness and death by suicide prevents community leaders and elected officials from talking openly about the root causes of mental illness in Kansas.
Recommendations or suggestions for the task force to consider:	<p>Promote “NAMI’s Say It Out Loud” presentation for Kansas community leaders and elected officials at the city, county and state levels of government.</p> <ol style="list-style-type: none"> 1) Make sure that everyone in Kansas knows the 10 Common Warning Signs of a Mental Health Condition 2) If anyone sees these warning signs in themselves or a friend, take them seriously. Share concerns with a trusted and ask for help. Support is available, and no one is alone. 3) Ask Kansas community leaders and elected officials to facilitate a “NAMI’s Say It Out Loud” presentation conversation in the next year.

Thank you!