



**MORE  
TOMORROWS**  
HOPE, HELP & HEALING TO PREVENT SUICIDE

MoreTomorrowsNE.org • 988 Suicide & Crisis Lifeline

988 Suicide & Crisis Lifeline

- Boys Town National Hotline: 800.448.3000
- Crisis Text Line: Text START to 741741
- Nebraska Family Helpline: 888.866.8660
- Safe Harbor Warm Line Number: 402.715.4226
- The Trevor Project: 866.488.7386
- Veteran's Suicide Prevention Lifeline: 800.273.8255, press 1
- Veteran Text Line: Text START to 838255
- Your Life Your Voice: yourlifeyourvoice.org



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Omaha, NE 68137  
402.898.7589  
TheKimFoundation.org

**the Kim FOUNDATION**

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Our *mission* is to serve  
as a *supportive* resource  
and *compassionate* voice for  
lives touched by mental  
illness and suicide.



# MORE TOMORROWS

HOPE, HELP & HEALING TO PREVENT SUICIDE

## KNOW HOW TO HELP >>

Learning the warning signs of suicide could save someone's life. While an individual may not be experiencing all of these warning signs, most will experience more than one and for an extended period of time. Some are obvious while some are more subtle, so it's important to know what to look for and what to do next if you do notice these behaviors in someone you care about. With each of these warning signs, watch for a change from the individual's typical behavior.

- >> Withdrawal
- >> Feeling trapped or in unbearable pain
- >> Giving away possessions
- >> Excessive drinking or substance use
- >> Acting anxious or agitated
- >> Talking about being a burden
- >> Displaying extreme mood swings
- >> Unexplainable physical pain
- >> Changes in sleep
- >> Risky, reckless behavior
- >> Saying goodbye
- >> Feeling hopeless
- >> Talking or writing about wanting to die
- >> Increase in anger or rage
- >> Looking for a way to kill themselves

## GET HELP NOW >>

If you are feeling suicidal or if you are concerned about an individual who is suicidal, there is immediate help available. A skilled, trained counselor at a crisis center is able to talk to you now and provide assistance.

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Boys Town National Hotline: 800.448.3000

Crisis Text Line: Text START to 741741

The Trevor Project: 866.488.7386

Your Life Your Voice: [yourlifeyourvoice.org](http://yourlifeyourvoice.org)

## RISK FACTORS »»

Definition: Things that have occurred or exist in someone's life that increase their chances of suicide. Please note, someone who has experienced one or more of these may never think of suicide, but risk increases with the more factors that exist.

- »» Death or other trauma in the family
- »» Mental health problems
- »» Physical illness, disability, and pain
- »» Social isolation
- »» Persistent serious family conflict
- »» Traumatic break-ups of romantic relationships
- »» Physical & sexual abuse
- »» Trouble with the law
- »» Failures, major disappointments
- »» Bullying or harassment
- »» Prior suicide attempts

## KNOW HOW TO HELP »»

- »» Never leave someone who is suicidal alone
- »» Never keep thoughts or comments about suicide a secret
- »» Know the warning signs
- »» Take any and all comments about suicide very seriously
- »» Be direct and not afraid to ask the question, "Are you thinking about suicide?"

## BUILD HOPE BRING MORE TOMORROWS »»



Suicide is the 2nd leading cause of death for 10- to 34-year-olds in the US

1 in 5 students nationwide (grades 9-12) seriously considered suicide in the past year



More than four times as many people died by suicide in Nebraska in 2018 than in alcohol related motor vehicle accidents

On average, in the United States, there are 132 suicides per day



## HOW TO HAVE THE CONVERSATION »»

Have suicide prevention resources in hand when starting the conversation. Be specific. Tell them exactly why you're concerned about them.

For instance:

- »» "I've noticed you stopping coming to \_\_\_\_ and you've lost interest in things you once enjoyed. I'm concerned about you. What's going on?"
- »» "You seem down lately. How have things been going at \_\_\_\_?"
- »» "Tell me more about how you're feeling."



Validate their feelings and provide them with support and resources.

- »» "You're not alone. We will get through this together."
- »» It's ok to say, "I want you to live."

See more at [MoreTomorrowsNE.org](https://MoreTomorrowsNE.org)



**Connect with us on social media:**

-  @TheKimFoundation
-  @TheKimFoundation
-  @TheKimFoundationNE
-  @KimFoundation
-  @TheKimFoundation

Our *mission* is to serve as a supportive resource and compassionate voice for lives touched by mental illness and suicide.

Our *vision* is a community free of suicide that embraces the importance of quality mental health services and prevention.

## Resources

Connecting people to resources is central to The Kim Foundation's mission of improving lives through mental health awareness and suicide prevention. Through its work, The Kim Foundation serves to bridge the gaps in mental health services and further encourages innovation that will enhance programs, expand services, strengthen organizational systems, and, most importantly, transform lives.

**National Suicide Prevention Lifeline**  
800.273.8255

**Crisis Text Line**  
Text HOME to 741741

**Nebraska Family Helpline**  
888.866.8660

**Boys Town National Hotline**  
Yourlifeyourvoice.org  
800.448.3000

**Safe Harbor Warm Line**  
402.715.4226

**The Trevor Project**  
866.488.7386

**More Tomorrows**  
MoreTomorrowsNE.org

**Bryan Medical Center**  
Bryanhealth.com/mentalhealth  
402.481.5991

**CHI Behavioral Health**  
chihealth.com/mental-health  
402.717.4673 (HOPE)

**Children's Hospital & Medical Center-Behavioral Health**  
childrensomaha.org/  
department/behavioral-health/  
402.955.3900

**Community Alliance**  
Communityalliance.org  
402.341.5128

**Lasting Hope Recovery Center**  
chihealth.com/  
lasting\_hope\_recovery\_center  
402.717.4673 (HOPE)

**Lutheran Family Services of Nebraska**  
Lfsneb.org  
402.342.7038

**NAMI Nebraska**  
Naminebraska.org  
402.345.8101

**Nebraska Mental Health**  
Nebraskamentalhealth.com

**Project Harmony**  
Projectharmony.com  
402.595.1326

**Region 6 Behavioral Healthcare**  
Regionsix.com  
402.444.6573

**Veterans Affairs**  
mentalhealth.va.gov  
402.346.8800

The Kim Foundation is funded by the Larry and Kathy Courtnage family in honor of Larry's daughter, Kim. The foundation was established to give back to the community and to facilitate change in the behavioral health field.

For additional information regarding The Kim Foundation, or to make a donation, please visit **TheKimFoundation.org** or call **402.891.6911**.

# Community Engagement

## More Tomorrows

A public awareness campaign focused on suicide prevention in the Region 6 Behavioral Healthcare area in Nebraska. Awareness is being raised through education, public service announcements, and presentations while teaching the warning signs to change suicide statistics and save lives in our community.

Learn more at [MoreTomorrowsNE.org](http://MoreTomorrowsNE.org)

## A Voice for Hope & Healing

A presentation provided at no charge to schools, organizations, churches, service clubs, or offices covering the foundation's mission, mental health, and/or suicide prevention.

## Metro Area Suicide Prevention Coalition

A community collaboration working to prevent suicide and promote resilience. The coalition meets the fourth Tuesday of every month from 8:30-10:00 a.m. The meetings are open to the public.

Location may vary so please see [TheKimFoundation.org](http://TheKimFoundation.org) for updates.

## Metro Area LOSS Team

An effort to bring immediate support to survivors of suicide loss. The Local Outreach to Suicide Survivors team offers resources, comfort, and hope to newly bereaved family or friends.

## Other Activities

A Time for Hope & Healing: annual fall fundraising event

Community Events: booths at various health fairs and conferences to share our mission and materials

Monthly e-Newsletter: a publication with mental health/suicide prevention updates, guest articles, and details about special events

Program Grants: funding provided to many nonprofit organizations in the community

For more information on community outreach or foundation activities, please contact **402.891.6911** or [info@thekimfoundation.org](mailto:info@thekimfoundation.org)

