



### **Kansas - A Friend Asks**

While we often go to the doctor for help with a fever, etc., we are not always as quick to get help if we are feeling down or depressed. I would offer that our mental health is equally as important as our physical health. USD 289 is excited to be able to offer a new resource to students and parents to assist in this endeavor. “A Friend Asks” is a FREE smartphone app that helps provide the information, tools, and resources to help a friend (or yourself) who may be struggling with thoughts of suicide or depression. We are working to have the app added to each 6-12 student school-issued technology device and all staff devices. While we are only adding the app to 6-12th grade devices at this time, we are sending this information to elementary families, as well as parents may wish to share the resource with their student and/or access the app themselves. We would invite each of you to download the app today and encourage friends and family to do the same. Education is the key to prevention, and we never know when this information will be needed and could help save a life.

The “A Friend Asks” App contains the following information:

- Warning signs of suicidal ideation
- How to help a friend
- How to get help now
- What to do and what not to do

The app can be downloaded from the apple store or Google Play from the link below.

<https://ag.ks.gov/victim-services/youth-suicide-prevention>

USD 289 counselors and social workers are readily available to answer any questions you have and/or to assist you in supporting your student's mental health needs.