



Resources for Suicide Prevention and Intervention

Crisis Hotlines

- **National Suicide Prevention Lifeline (NSPL)** (24/7) - 1-800-273-TALK (8255); www.suicidepreventionlifeline.org
- **Crisis Text Line** (24/7) - Text **TX** to 741741; www.crisistextline.org
- **Trevor Project (LGBTQ young people)** (24/7) - 1-866-488-7386; text START to 678678; chat online at www.TheTrevorProject.org/get-help-now; www.thetrevorproject.org
- **Veterans Crisis Line** (24/7) – 1-800-273-TALK (8255) and press 1; www.veteranscrisisline.net
- **Texas 2-1-1** and press 8; www.211texas.org
- **Health and Human Services** - List of Mental Health Crisis Numbers for the state - <https://hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services>

Suicide Prevention Wallet Cards



[Suicide Prevention Wallet Card English](#)

[Suicide Prevention Wallet Card Spanish](#)

Trainings

- **AS+K? Ask About Suicide to Save a Life**
<https://texassuicideprevention.org/>
 - ▶ Texas-based 1.5 to 4-hour in-person workshop which provides overview of the basic epidemiology of suicide and suicidal behavior, including risk and protective factors.

- ▶ Participants are trained how to: recognize warning signs that might indicate people at high risk for suicidal behavior; help someone who might be at risk for suicide; and respond to someone expressing suicidal thoughts by seeking emergency care.
 - ▶ NEW! Online 1 hour and 15-minute training including a 10-question quiz; 5 videos each 10-15 minutes in length; suited for persons who need to meet employer requirements for suicide prevention gatekeeper training and also meets Texas K-12 public suicide prevention training requirements.
 - ▶ Contact your LMHA/LBHA for available trainings.
- ***ASIST – Applied Suicide Intervention Skills Training***
<https://www.livingworks.net/asist>
 - ▶ Two-day in-person workshop which addresses immediate suicide risk to increase support for the individual at risk.
 - ▶ Participants learn how to: identify individuals with suicidal ideation; understand how the participant’s own beliefs and attitudes impact interventions; help the person find reasons for living; review current risk and help create a plan to increase personal safety for a set course of time; and seek additional help if needed.
 - ▶ Contact your LMHA/LBHA for available trainings.
- ***MHFA – Mental Health First Aid***
www.mentalhealthfirstaid.org
 - ▶ One-day in-person workshop which teaches participants how to recognize and respond to the warning signs of specific mental illnesses, including suicidality, and substance use challenges.
 - ▶ Participants learn a five-step action plan, ALGEE, to help someone developing signs and/or symptoms of mental illness or in an emotional crisis: Assess for risk of suicide or harm; Listen non-judgmentally; Give reassurance and information; Encourage appropriate professional help; Encourage self-help and other support strategies.
 - ▶ New curricula that includes expanded content on trauma, addiction and self-care; Youth MHFA will include new content applicable for adults working with elementary-age children, including content on the impact of social media; content is gender neutral and culturally relevant.
 - ▶ COMING SOON! Virtual MHFA – participants will first complete a two-hour self-paced class and then participate in a four-hour instructor-led class using videoconferencing technology.
 - ▶ Contact your LMHA/LBHA for available trainings.

- **AFSP - American Foundation for Suicide Prevention**
 - ▶ *Talk Saves Lives: An Introduction to Suicide Prevention*
<https://afsp.org/talk-saves-lives>
 - ▶ A 45-60-minute community-based education program which teaches participants the common risk factors and warning signs associated with suicide, and how to keep themselves and others safe; available in Spanish; 2 specialized modules available – Seniors, LGBT; virtual sessions now available.
 - ▶ Other trainings include: *More Than Sad; Signs Matter: Early Detection*; and *Stronger Communities: LGBTQ Suicide Prevention*
<https://afsp.org/get-training>.

- **C-SSRS – Columbia-Suicide Severity Rating Scale**
<http://cssrs.columbia.edu/>
 - ▶ A tool that supports suicide risk assessment through a series of simple, plain-language questions that anyone can ask.
 - ▶ Helps users identify whether someone is at risk for suicide, assess the severity and immediacy of that risk, and gauge the level of support that the person needs.
 - ▶ No mental health training required; reduces unnecessary referrals and interventions and makes it easier to correctly identify level of support.
 - ▶ Suitable for ages over 6, special populations, and available in over 100 languages.
 - ▶ Online training also available.
 - ▶ Contact your LMHA/LBHA for possible training.

- **SPI - Safety Planning Intervention**
http://suicidesafetyplan.com/Home_Page.html
 - ▶ Written, prioritized list of coping strategies and resources for reducing suicide risk.
 - ▶ Working document completed by the person at risk in collaboration with their treatment provider.
 - ▶ Prevention tool that is designed to help those who struggle with their suicidal thoughts and urges to survive.
 - ▶ Contact your LMHA/LBHA for possible training.

- **CALM – Counseling on Access to Lethal Means**
<https://www.sprc.org/resources-programs/calm-counseling-access-lethal-means>
 - ▶ Two-hour online course which focuses on how to reduce access to the methods people use to die by suicide.

- ▶ Covers how to: identify people who could benefit from lethal means counseling; ask about their access to lethal methods; and work with them – and their families – to reduce access.
- ▶ Although this course is primarily designed for mental health professionals, others who work with people at risk for suicide, like social service professionals and health care providers, may also benefit from taking it.

Trainings for Youth

- **Hope Squad** <https://hope4utah.com/hope-squad/>
 - ▶ Peer leader program model consisting of teams of students called Hope Squads, who are overseen by trained school staff called “advisors” who are typically school counselors, social workers and teachers.
 - ▶ Advisors conduct curriculum-based trainings with the Hope Squad, provide oversight and support, collect data, and assist the Squads in adhering to school policies and practices.
 - ▶ Goals: Increase knowledge of suicide warning signs; train school staff in suicide prevention and intervention; create positive relationships among peers and faculty; raise awareness and acceptance for students to seek help from trusted adult; reduce self-destructive behavior and youth suicide; educate students and parents about community mental health resources; change school culture through suicide prevention awareness and mental health acceptance.
- **SOS – Signs of Suicide** <https://www.sprc.org/resources-programs/sos-signs-suicide>
 - ▶ Universal school-based depression awareness and suicide prevention program.
 - ▶ Goals: Decrease suicide and suicide attempts by increasing student knowledge and adaptive attitudes about depression; encourage personal help-seeking and/or help-seeking on behalf of a friend; reduce stigma of mental illness and acknowledge importance of seeking help or treatment; and encourage schools to develop community-based partnerships to support student mental health.
- **SoS – Sources of Strength** <https://sourcesofstrength.org/>
 - ▶ Universal suicide prevention program designed to build protective influences and reduce likelihood that youth will become suicidal.

- ▶ Trains students as peer leaders and connects them with adult advisors at school and in the community, who will support them in conducting well-defined messaging activities that aim to change peer group norms influencing coping practices and decreasing risky behaviors.
- ▶ Aim to reduce accepting suicide as a response to distress, increase seeking help, improve communication between youth and adults, and develop healthy coping skills among youth.

Websites

- **Health and Human Services** – Suicide Prevention site - <https://hhs.texas.gov/services/mental-health-substance-use/mental-health-crisis-services/suicide-prevention>
- **Suicide Prevention Resource Center (SPRC)**
<http://www.sprc.org/about-sprc>
- **American Foundation for Suicide Prevention (AFSP)**
 - ▶ Local chapters available throughout the state of Texas
www.afsp.org
- **American Association of Suicidology (AAS)**
<https://suicidology.org/>
- **Zero Suicide**
<http://zerosuicide.edc.org/>
- **The Columbia Lighthouse Project**
<https://cssrs.columbia.edu/>
- **Live Through This**
<https://livethroughthis.org/about/>
- **Texas Suicide Prevention**
www.texassuicideprevention.org
- **Department of State Health Services – Youth Suicides in Texas**
<http://healthdata.dshs.texas.gov/dashboard/births-and-deaths/youth-suicides>
- **TexVet Veteran Community Mental Health Resources**
<https://www.texvet.org/>
- **Now Matters Now**
<https://www.nowmattersnow.org/about>

Mobile Apps

Virtual Hope Box –
[Virtual Hope Box - iPhone](#)
[Virtual Hope Box - Android](#)

The Virtual Hope Box (VHB) contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. Patients and providers can work together to personalize the VHB content on the patient's own smartphone according to the patient's specific needs. The patient can then use the VHB away from the clinic, continuing to add or change content as needed.

Patients can use the VHB to store a variety of multimedia content they find personally supportive in times of need. A patient can also collaborate with their provider to create coping cards to use in response to personal problem areas they experience. Finally, the VHB provides the patient with positive activity planning, distraction tools, and interactive relaxation exercises including guided imagery, controlled breathing and muscle relaxation.

Columbia Protocol

[Columbia Protocol - Android](#)

[Columbia Protocol - iPhone](#)

The Columbia-Suicide Severity Rating Scale (C-SSRS), the most evidence-supported tool of its kind, is a simple series of questions that anyone can use anywhere in the world to help prevent suicide.

ASK & Prevent Suicide

[ASK & Prevent Suicide - Android](#)

[ASK & Prevent Suicide - iPhone](#)

The ASK & Prevent Suicide app provides useful information to use as an educational resource as well as a crisis intervention resource for suicide prevention. Used in over 80 countries, this app is based on the best practices ASK suicide prevention training program and was developed by the Texas Department of State Health Services and Mental Health America of Texas.

Suicide Safer Home

[Suicide Safer Home - Android](#)

[Suicide Safer Home - iPhone](#)

The Suicide Safer Home app offers practical tips for concerned parents and adult family caregivers for keeping families suicide safer. Health professionals, mental health professionals, and first responders can use this app for its educational materials and reference information.

You cannot remove all risk from your home, but you can make it suicide safer by securing access to lethal means of death by suicide.

The app allows users to:

- Read information articles;
- Find resources for help;
- Take action; and
- Use the scheduler to create reminders for safer home tasks.

Suicide Safe

[Suicide Safe - Android](#)

[Suicide Safe - iPhone](#)

Suicide Safe is a suicide prevention learning tool for primary care and behavioral health providers and is based on the nationally recognized Suicide Assessment Five-step Evaluation and Triage (SAFE-T) practice guidelines. Suicide Safe helps providers feel confident to assist patients who present with suicidal ideation. The app offers tips on how to communicate effectively with patients and their families, determine appropriate next steps, and make referrals to treatment and community resources.

Features include:

- Learn the five steps of the SAFE-T approach in working with patients and easily download resources for use offline;
- Study interactive sample case studies to see the SAFE-T approach in action;
- Browse conversation starters that provide sample language and tips for talking with patients about their suicidal ideation;
- Explore clinical and educational resources and share crisis line phone numbers and other patient-focused materials;
- Use SAMHSA's Behavioral Health Treatment Services Locator to provide timely referrals for patients. The Locator can be filtered by type and distance and
- Email SAMHSA at SAMHSAInfo@samhsa.hhs.gov with any questions or comments.

My3 – Support Network

[My3 Support Network - iPhone](#)

[My3 Support Network - Android](#)

My3 allows the individual to define and connect with their own personal support network and safety plan in a time of crisis.

Features include:

- Create a support system;
- Build a safety plan toolbox;
- Confidential information storage;
- Support at times of greatest risk; and
- 24/7 access to the National Suicide Hotline.

Suicide Safety Plan

[Suicide Safety Plan - iPhone](#)

[Suicide Safety Plan - Android](#)

Suicide Safety Plan allows the individual to customize a safety plan to use at the start of a time of crisis and continue through multiple steps until they feel safe. Users can customize their own warning signs that a crisis may be developing, coping strategies for dealing with suicidal urges, places for distraction, friends and

family members to reach out to, professionals to call, methods of making an environment safe, and personally important reasons for living.

Stanley-Brown Safety Plan

[Stanley-Brown Safety Plan - iPhone](#)

[Stanley-Brown Safety Plan - Android](#)

A safety plan is a list of coping strategies and social supports that people can use when they are in a suicidal crisis or very distressed. It helps them not act on their suicidal feelings. The plan is brief, is in the individuals' own words, and is easy to read. It is an emergency plan for suicide crises.

Clinicians can collaborate with individuals to develop the safety plan. Individuals can also develop plans on their own.

There are 6 Steps involved in the development of a Safety Plan:

- **Step 1: Warning Signs**
List warning signs of a suicide crisis. Include specific thoughts, images, thinking processes, mood, and/or behaviors
- **Step 2: Internal Coping Strategies**
List activities that can be done without anyone else involved to cope and distract from suicidal thoughts, e.g. going online, listening to calming music, talking a walk, watching television.
- **Step 3: Social Contacts and Social Settings That May Distract from the Crisis**
List individuals and safe social settings that can distract and support the individual. Discussion of suicidal feelings are not included here.
- **Step 4: Family Members or Friends Who May Offer Help**
List family members and/or friends who can help with the suicidal crisis. Discussion of suicidal feelings can be included here.
- **Step 5: Professionals and Agencies to Contact for Help**
List important health professionals, local ER, crisis line number
- **Step 6: Making the Environment Safe**
 - ▶ Identify how to restrict/remove access to lethal means.
 - ▶ **ASSESS** the likelihood that the overall safety plan will be used.
 - ▶ Problem solve to identify barriers or obstacles to using the plan. Determine how to eliminate them.
 - ▶ **REVIEW** the plan periodically to determine whether the plan needs to be revised.