



Central East (HHS Region 3)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

SUICIDE

PREVENTION

RESOURCE GUIDE





Central East (HHS Region 3)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

The Danya Institute Silver Spring, MD

DISCLAIMER:

This publication was prepared for the Central East Prevention Technology Transfer Center (PTTC) under a cooperative agreement from Substance Abuse and Mental Health Services Administration (SAMHSA). All material appearing in this publication, except that taken directly from copyrighted sources, is in the public domain and may be reproduced or copied without permission from SAMHSA or the authors. Citation of the source is appreciated. Do not reproduce or distribute this publication for a fee without specific, written authorization from the Central East Prevention Technology Transfer Center.

At the time of this publication, Elinore F. McCance-Katz served as the SAMHSA Assistant Secretary. The opinions expressed herein are the views of the Central East Technology Transfer Center and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA. No official support or endorsement of DHHS, SAMHSA for the opinions described in this document is intended or should be inferred.

For more information on obtaining copies of this publication, visit PTTCnetwork.org/centraleast or email centraleast@pttcnetwork.org

ACKNOWLEDGEMENTS:

Renata J. Henry

Executive Director of Danya Institute and the Principal Investigator of the Central East Prevention Technology Transfer Center

Deborah Nixon Hughes

Project Director of the Central East Prevention Technology Transfer Center

John Carnevale

President and CEO, Carnevale Associates

Josh Esrick

Senior Policy Analyst, Carnevale Associates

Emily Patton

Research Associate, Carnevale Associates



About The Danya Institute:

The Danya Institute (The Institute) was founded as a non-profit organization to promote and improve the health, education, and well-being of individuals and communities. The Institute's mission is to provide training, leadership development, and technical assistance to health and human service systems, providers, peers, and community members, in the areas of behavioral health, health, prevention, and wellness. Using the technology transfer model, we focus on the adoption and implementation of evidence-based practices.

The Institute is staffed by a team of experienced professionals who bring dedication and understanding of the spectrum of behavioral health prevention, treatment, policy and system issues, and services. With this wealth of talent, The Institute provides tools for system change and improvement through training and technical assistance services. The Institute has a reputation for excellence in the effective implementation of activities such as training, coaching technical assistance, needs assessments, curricula development, and dissemination of best and promising practices. The Institute currently manages the Substance Abuse and Mental Health Services Administration-funded Addiction Technology Transfer Center (ATTC), Mental Health Technology Transfer Center (MHTTC), and Prevention Technology Transfer Center (PTTC) for the U.S. Department of Health & Human Services (HHS) Region III (Central East). Central East serves Delaware, District of Columbia, Maryland, Pennsylvania, Virginia, and West Virginia.

The Danya Institute

8737 Colesville Road, Suite L-203

Silver Spring, MD 20910-3921

Tel. (240) 645-1145

www.danyainstitute.org

About Technology Transfer Centers:

Central East ATTC supports regional activities focused on preparing tools needed by practitioners to improve the quality of service delivery. Additionally, ATTC supports regional activities focused on providing intensive technical assistance to provider organizations to improve their processes and practices in the delivery of effective substance use disorder treatment and recovery services.

Website: <https://attcnetwork.org/centraleast>

Central East MHTTC works with organizations and treatment practitioners involved in the delivery of mental health services to strengthen their capacity to deliver effective evidence-based practices to individuals, including the full continuum of services spanning mental illness prevention, treatment, and recovery support. The MHTTC also provides technical assistance and training to states and local school districts on the implementation of evidence-based mental health service provision.

Website: <https://mhttcnetwork.org/centraleast>

Central East PTTC aims to strengthen and support the prevention workforce through the adoption and implementation of evidence-based or promising practices with the goal to improve the delivery of effective prevention strategies. To accomplish this, the PTTC works with state, county, local, and community entities to provide training and technical assistance or to develop and disseminate information and tools to prevent or lessen the impact of substance use and misuse that result in unhealthy consequences.

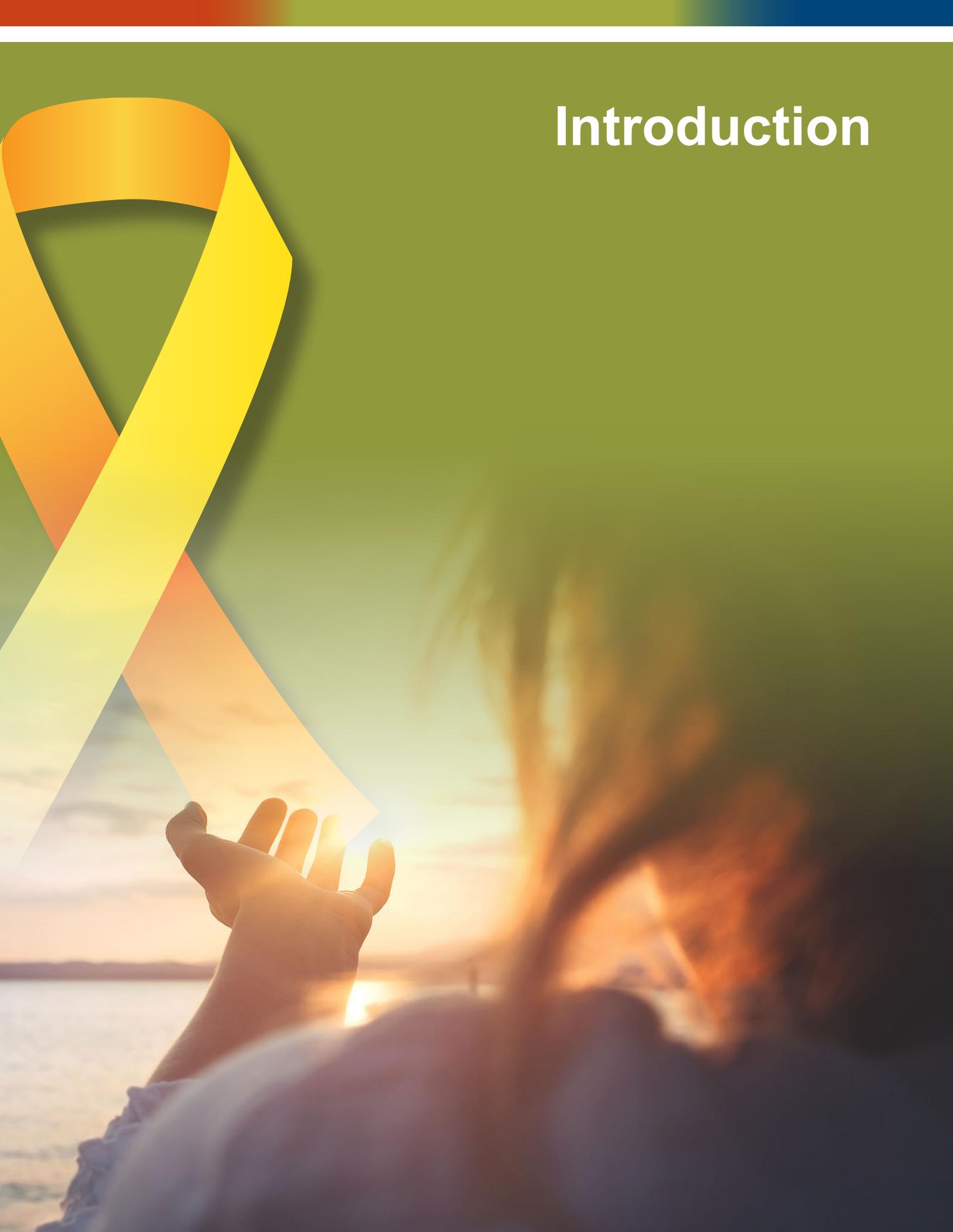
Website: <https://pttcnetwork.org/centers/centraleast>

Table of Contents

INTRODUCTION	4
METHODOLOGY	6
1.0 SAMHSA AND OTHER NATIONAL RESOURCES	8
1.1 NATIONAL HOTLINES AND APPS.	9
1.2 WEBSITES AND ORGANIZATIONS	12
1.3 REPORTS AND BRIEFS	15
1.4 MODELS AND FRAMEWORKS	18
1.5 GUIDES AND TOOLKITS	20
1.6 VIDEOS	24
1.7 HANDOUTS AND POSTERS	25
2.0 STATE RESOURCES FOR THE CENTRAL EAST REGION	27
2.1 DELAWARE	28
2.2 MARYLAND	29
2.3 PENNSYLVANIA	31
2.4 VIRGINIA	33
2.5 WEST VIRGINIA	36
2.6 DISTRICT OF COLUMBIA	37



Introduction



This Suicide Prevention Resource Guide is intended to support suicide prevention stakeholders and other interested individuals by providing a comprehensive list of suicide prevention resources, as of April 2020. These suicide prevention hotlines and other resources contained in this document are located within the Central East Region (i.e., Delaware, Maryland, Pennsylvania, Virginia, West Virginia, and the District of Columbia). The document is organized into two primary sections:

1. National hotlines and resources developed or supported by the Substance Abuse and Mental Health Services Administration (SAMHSA), other Federal agencies, or national nonprofit organizations.
2. State-specific hotlines and resources developed by state agencies or statewide or local nonprofit organizations.

Section 1 is organized into 7 subsections, categorized by type of resource: (1) Hotlines and Apps, (2) Websites and Organizations, (3) Reports and Briefs, (4) Models and Frameworks, (5) Guides and Toolkits, (6) Videos, and (7) Handouts and Posters.

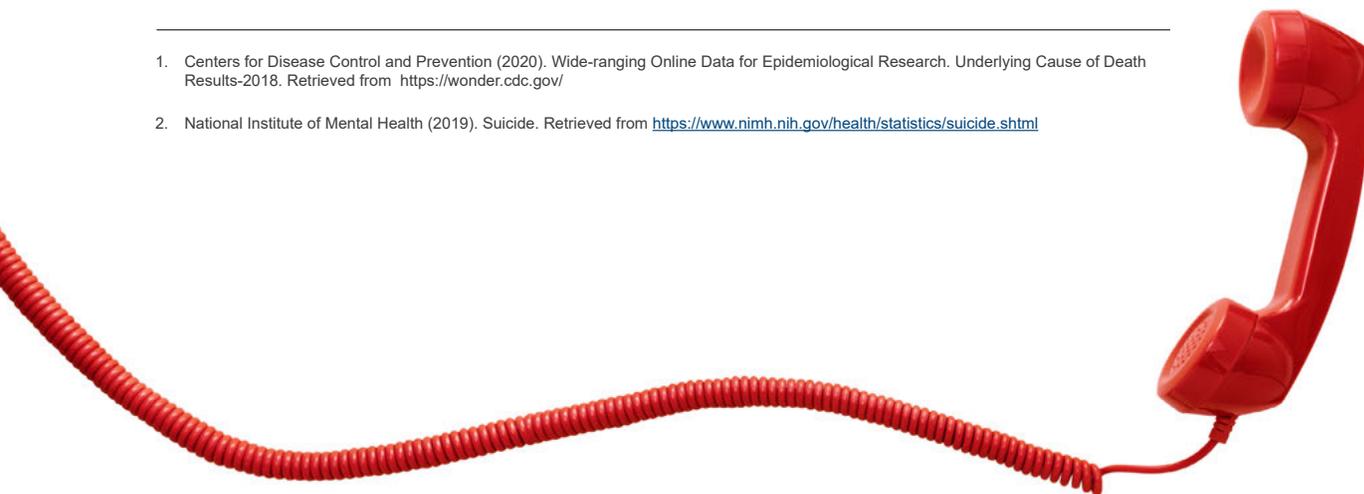
Section 2 is organized into 6 state-specific subsections of the Central East Region.

The purpose of this document is two-fold. First, it provides contact information for hotlines, helplines, apps, and crisis intervention services that can be shared with those in immediate need. Second, it provides information on various resources that can be used to expand and improve suicide prevention activities. This includes links to evidence-based trainings, fact sheets and toolkits, media campaigns, and other supports.

The information provided in this document is more important now than ever, as rates of suicide continue to rise in the United States. In 2018, the rate of suicide per 100,000 individuals was 14.8 which steadily rose from 11.6 in 2008. There were 48,344 suicides in 2018, making it the tenth leading cause of death in the United States, and an estimated 1.4 million suicide attempts. Among youth and young adults ages 10-34, suicide was the second leading cause of death, and suicide is a major concern across all ages and demographics. Suicide is a growing epidemic that stakeholders and policymakers need to confront, and this document is meant to support such efforts.

1. Centers for Disease Control and Prevention (2020). Wide-ranging Online Data for Epidemiological Research. Underlying Cause of Death Results-2018. Retrieved from <https://wonder.cdc.gov/>

2. National Institute of Mental Health (2019). Suicide. Retrieved from <https://www.nimh.nih.gov/health/statistics/suicide.shtml>



Methodology



The Methodology section provides the technical information behind this resource guide's creation. This document was created through a multi-pronged approach intended to capture the most up-to-date information on available suicide prevention hotlines and other resources. This began with a search of SAMHSA's website, the Suicide Prevention Resource Center website, and Central East States' public health department websites. These searches identified multiple, previous collections of suicide prevention resources that were incomplete or outdated, as well as additional resources that were not included in any of the found collections.

These collections were reviewed to update or remove outdated information and cross-checked to remove duplication. Additional resources and

materials were found through Google keyword searches that identified other, prior compilations of resources that were similarly reviewed, as well as additional resources.

To prevent sharing defunct or outdated information, hotlines and resources were restricted to organizations that demonstrated evidence of activity within the past 2 years.

Resources were organized by type—or by state for state-specific resources—and a descriptive entry was created to describe the resource. National hotlines are found in subsection 1.1 of National Resources, while state-specific hotlines are found in their respective state subsection of State Resources for the Central East Region.



1.0 SAMHSA and Other National Resources



This SAMHSA and Other National Resources section provides a list of suicide prevention resources available through SAMHSA and other national organizations. It is organized across seven categories of resources: (1) Hotlines and Apps, (2) Websites and Organizations, (3) Reports and Briefs, (4) Models and Frameworks, (5) Guides and Toolkits, (6) Videos, (7) and Handouts and Posters. Each category subsection has an introduction explaining the kinds of resources that can be found within it and each resource entry has a brief description.

State-specific resources are not in this section. They may be found in Section 2.0 of this document.

1.1 National Hotlines and Apps

In this subsection there are a range of Hotlines, text messaging tools, and applications (Apps) intended to support and expand suicide prevention efforts. All of these resources are available nationwide, and, in some cases, internationally. They offer a wide array of support for individuals who may need suicide prevention services. This includes specific resources available for the Lesbian, Gay, Bisexual, Transgender, and Questioning (LGBTQ) community, veterans, individuals impacted by disasters, and family and friends whose loved ones may be experiencing a crisis. Most of these resources provide trained counselor services that are confidential and multilingual. Resources are listed alphabetically.

Crisis Text Line

Text 741741

The Crisis Text Line is a free support service for individuals in crisis. The service is available 24/7. People can text from anywhere in the United States and be connected to a trained Crisis Counselor. The Crisis Text Line also trains volunteers, has learning resources on different types of crises, and is available in certain international locations.

Disaster Distress Helpline

1-800-985-5990

The Disaster Distress Helpline provides immediate crisis counseling to individuals who are experiencing emotional distress related to natural or human-caused disasters (i.e., tornadoes, floods, wildfires, incidents of mass violence, and infectious disease outbreaks). The support line is available to people 24/7/365, and people can speak with a trained counselor. This service is multilingual, confidential, and toll-free.

National Alliance on Mental Illness Helpline

1-800-950-NAMI (6264)

The National Alliance on Mental Illness Helpline is available Monday-Friday between 10 a.m. and 6 p.m. to provide help learning about and accessing prevention resources. Callers will be connected to a staff member or volunteer who can help answer questions about symptoms of mental health conditions, educational programs, treatment options, and local support services. This is not a counseling or therapy service.

National Suicide Prevention Lifeline

1-800-273-TALK (8255)

The National Suicide Prevention Lifeline is a free and confidential resource for individuals in distress. The support line is available to people 24/7/365, where they can speak with a trained crisis worker. The lifeline also provides a wide-range of prevention and crisis resources for individuals, their loved ones. The lifeline also provides standards and best practices for professionals. This resource also has specialized resources for youth, individuals in the LGBT+ community, Native Americans, veterans, those who are deaf/hard of hearing/ have hearing loss, Spanish speaking individuals, disaster survivors, loss survivors, and suicide attempt survivors.

Networking, Certifying, and Training Suicide Prevention Lifelines and Disaster Distress Helpline

The Networking, Certifying, and Training Suicide Prevention Lifelines and Disaster Distress Helpline is currently in development. This program will be designed to increase service capacity and improve behavioral health outcomes through the prevention of

death or injury resulting from suicide or suicide attempts. It will also seek to find ways to assist individuals and communities that are recovering from disasters and traumatic events by providing community-based behavioral health outreach and referral to treatment. It will work in coordination with the National Suicide Prevention Lifeline and support the National Disaster Distress Helpline.

SAMHSA's National Helpline

1-800-662-HELP (4357)

TTY: 1-800-487-4889

SAMHSA's National Helpline is available 24/7/365 and is confidential, free, and available for English and Spanish language speakers. The helpline is intended for individuals and family members who are facing mental or substance use disorders and provides referrals to local treatment facilities, support groups, and community-based organizations. Individuals can also use the helpline to order free publications and receive other information.

SAMHSA Suicide Safe Mobile App

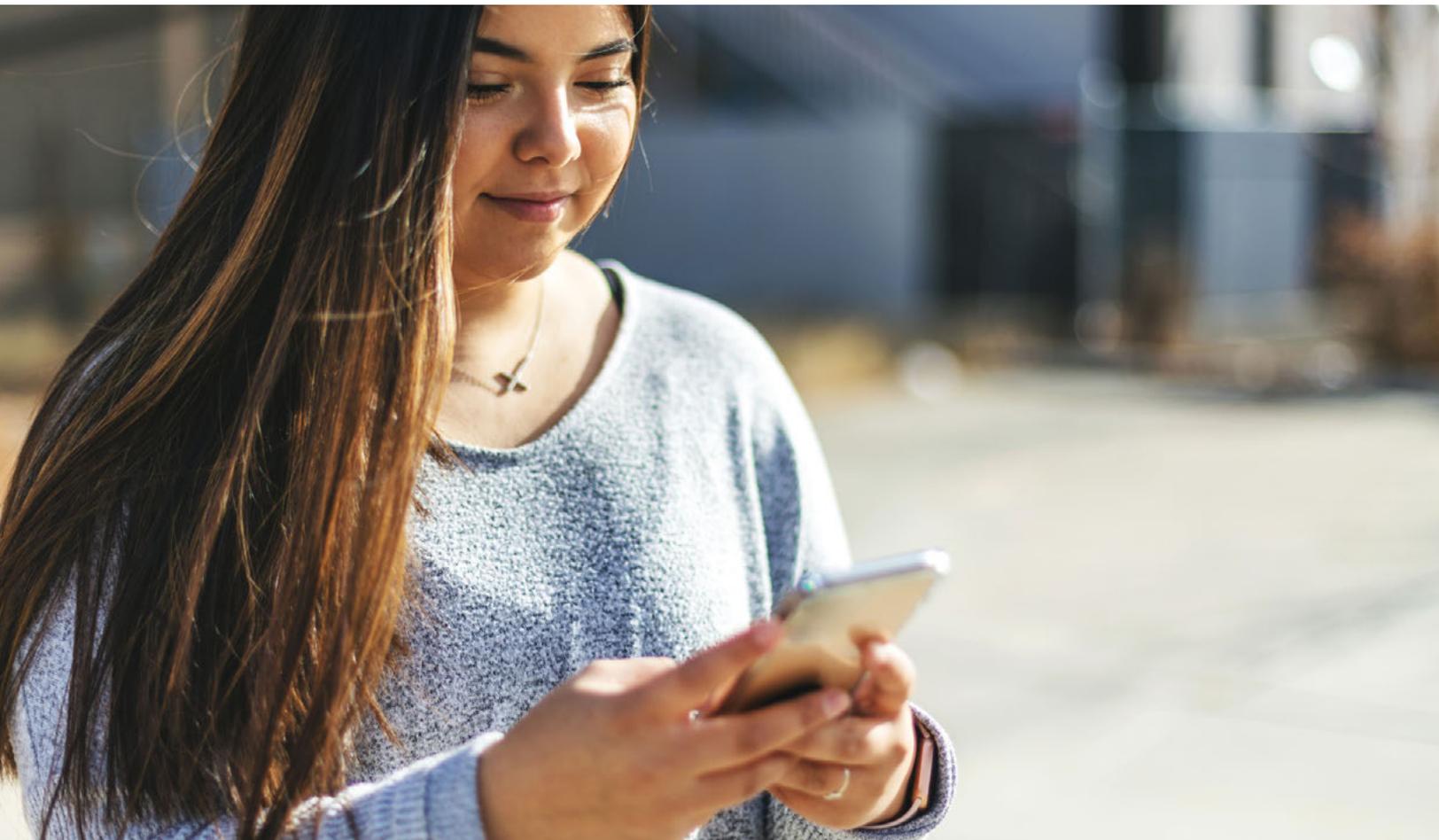
This app seeks to equip health providers with the knowledge and resources to determine an individual's risk of suicide. Additionally, the app equips providers with ways to communicate effectively with clients in crisis and their families, establish the best course of action, and make any necessary referrals to other agencies and organizations.

Trans Lifeline

877-565-8860 (US)

877-330-6366 (Canada)

The Trans Lifeline is a national trans-led organization operating a peer support hotline. The hotline is run by and for trans people in crisis. The hotline is open 24/7/365. This lifeline



has operators guaranteed to be on call most hours of each day, with volunteers frequently available during off hours. The lifeline also offers micro-grants that can help individuals change their legal name and update government IDs.

TrevorLifeline

1-866-488-7386

The TrevorLifeline is part of the larger national organization, the Trevor Project. The lifeline provides crisis intervention and suicide prevention services to LGBTQ young adults under 25. It is a crisis intervention and suicide prevention phone service that is available 24/7/365. Also provided is TrevorText, a texting crisis intervention resource, and is available by texting “START” to 678678. Additionally, the Trevor Project provides TrevorSpace, an online international peer-to-peer community for LGBTQ

young people and their friends. It also provides TrevorChat, an online instant messaging service that connects individuals to a TrevorChat counselor.

Veterans Crisis Line

1-800-273-8255, press 1

Text 838255

The Veterans Crisis Line is a free, confidential resource that’s available to all individuals, not just those who are receiving Veterans Affairs (VA) services or who are enrolled in VA health care. Callers speak with a qualified responder who is specially trained and experienced in helping veterans of all ages and circumstances, as well as those who call with concerns about a veteran. The hotline is open 24/7/365.

1.2 Websites and Organizations

The Websites and Organizations subsection features information on national organizations and websites that focus on suicide prevention and mental health resources. These resources offer a comprehensive range of tools (i.e., trainings, fact sheets, tips, models, and toolkits). They target all audiences, including specific focuses on young adults, the Alaska Native/American Indian (AI/AN) community, and health care providers. The resources are listed alphabetically.

#BeThe1To

#BeThe1To was designed for National Suicide Prevention Month by the National Suicide Prevention Lifeline. The initiative is designed to help raise awareness about suicide prevention by sharing resources, tips, and messages throughout the month and beyond. The website provides a large compilation of resources for suicide prevention including an Understanding Suicide Fact Sheet, the Warning Signs of Suicide, and Coping Tips for Traumatic Events and Disasters.

American Academy for Pediatrics: Suicide Prevention Resource Library for Pediatric Health Care Providers

The American Academy for Pediatrics' website provides a variety of resources for pediatricians and other pediatric health care providers on how to identify and provide services to youth at risk of suicide. They offer videos, posters, fact sheets, and blog posts about the topic.

American Association of Suicidology

The American Association of Suicidology is a national, nonprofit organization that seeks to improve suicide prevention efforts through researching, compiling, and disseminating best practices information. They offer numerous resources, data, training and accreditation services, and host two annual conferences.

American Foundation for Suicide Prevention

The American Foundation for Suicide Prevention (AFSP) provides numerous resources for raising awareness about the importance of suicide prevention and educational materials to improve suicide prevention efforts. They fund scientific research, support survivors of loss, work to educate the public, and advocate for mental health and suicide prevention policies. Their website provides information on warning signs and risk factors, statistics, treatment, and information for journalists.

Behavioral Health Treatment Services Locator

The Behavioral Health Treatment Services Locator can be used confidentially and anonymously to find information for individuals seeking treatment facilities for substance use, addiction, and mental health issues. The website features information on several prevention hotlines, videos on how to use the locator, and links to other types of treatment programs locators.

Mental Health Technology Transfer Network

The Mental Health Technology Transfer Network (MHTTC) network is designed to help ease the transfer of technology for the dissemination and implementation of evidence-based practices of mental disorders

into the field. They provide training and technical assistance, work to accelerate the adoption and implementation of mental health related evidence-based practices, foster regional and national alliances among culturally diverse communities, and offer a large resource catalog.

National Action Alliance for Suicide Prevention

The National Action Alliance for Suicide Prevention (Action Alliance) is a public-private partnership for suicide prevention. They work with over 250 national partners to advance and implement the nation's overall suicide prevention strategy. Their website features a large resource library, community-based prevention efforts, information on health care systems, and how messaging around suicide prevention.

Native Connections

Native Connections is a 5-year grant program that works with AI/AN communities to identify and address the behavioral health needs of Native youth. This website provides resources for program members on how to access webinars developed for grantees, programs and resources to support their efforts, and training and technical assistance.

You Matter

You Matter is an online safe space for youth to discuss and share stories about mental health and wellness. The website features blog posts written by a rotating group of youth and young adults. Posts focus on a wide variety of topics including suicide loss, meditation, acceptance, prevention, and depression.

National Alliance on Mental Illness

The National Alliance on Mental Illness (NAMI) provides information and basic tips on how to interact with suicidal individuals. They also highlight the importance of being educated and prepared to deal with a crisis. The website provides details on how to develop crisis plans, wellness recovery action plans, and provides ways to recognize the warning signs and risk factors for suicide.

National Association of School Psychologists

The National Association of School Psychologists (NASP) provides guidance and resources for school leadership, teachers, parents, and friends in an effort to help prevent youth suicide. The website has information on risk factors, warning signs, what to do when interacting with a suicidal person, resiliency factors, and the roles of parents and youth. NASP also provides information on how schools can develop crisis intervention teams. Resources such as handouts for teens and school administrators are available for download.



National Council for Behavioral Health

The National Council for Behavioral Health (NCBH) works with over 3,000 health care member organizations that deliver mental health and addictions services and treatment. Their website provides a range of information on suicide prevention and other mental health topics, a policy action center, training, and consulting services.

Seize the Awkward

The Seize the Awkward campaign is designed to for teens and young adults to encourage their use of interpersonal skills and connect with peers and loved ones who may be in need. The website provides several video tutorials on warning signs, how to start the conversation, what to say during the conversation, and next steps. They also have a campus toolkit available for download.

Sources of Strength

Sources of Strength (SOS) is a best practices suicide prevention initiative. It is designed as a wellness program that focuses on suicide prevention and other issues that impact youths (e.g., substance use and violence). SOS uses a relational connections model where teams of peer leaders are mentored by adult advisors. The peer leaders seek to change the social norms amongst their fellow peers to encourage help seeking behaviors and to support students' abilities to individually assess and develop strengths in their own life.

Suicide Prevention Resource Center

The Suicide Prevention Resource Center (SPRC) operates the National Suicide Prevention Lifeline (1-800-273-8255). Their comprehensive website boasts a large collection of prevention resources, trainings, news, and suicide prevention organizational information. They offer resources for best practices, strategic planning, state activities and legislation, as well as updates on their grantees who are working around the country on suicide prevention.

Suicide Prevention Resources for AI/AN Communities

Suicide Prevention Resources for AI/AN Communities is a SAMHSA website. The website provides a landing page for finding resources, articles, and organizations that agencies and individuals in AI/AN communities can use to strengthen their suicide prevention efforts. It offers Native-specific research, models, manual, toolkits, and other information.

Zero Suicide

The Zero Suicide Initiative is a framework designed to improve the quality of suicide prevention approaches and treatment in health and behavioral health care systems. The goal is to create a systematic approach to improving the continuum of care for suicidal patients while ensuring the safety and support of staff treating these individuals. This approach is designed to be a system-wide initiative to close any gaps in the medical community and throughout treatment, as well as to improve the outcomes of suicidal individuals. Their website provides a toolkit as well as a wide range of other resources to implement the framework such as community resources, videos, and implementation tools.

1.3 Reports and Briefs

Information in the Reports and Briefs subsection focuses on research reports and briefs from SAMHSA (quoted content is directly from SAMHSA sources) and other organizations. Many of these resources focus on national- or state-level directives and their approaches to suicide prevention. There are also links to national- and state-level data on behavioral and mental health. Additionally, resources in this section provide a focus on individuals from AI/AN communities and efforts to understand mental health and suicide within those communities.

A Snapshot of Behavioral Health Issues for Asian American/Native Hawaiian/Pacific Islander Boys and Men: Jumpstarting an Overdue Conversation

“This brief highlights issues specific to Asian American, Native Hawaiian, and Pacific Islander males. It provides clinicians with data on the prevalence of depression, suicide, and substance use disorders within these populations.”

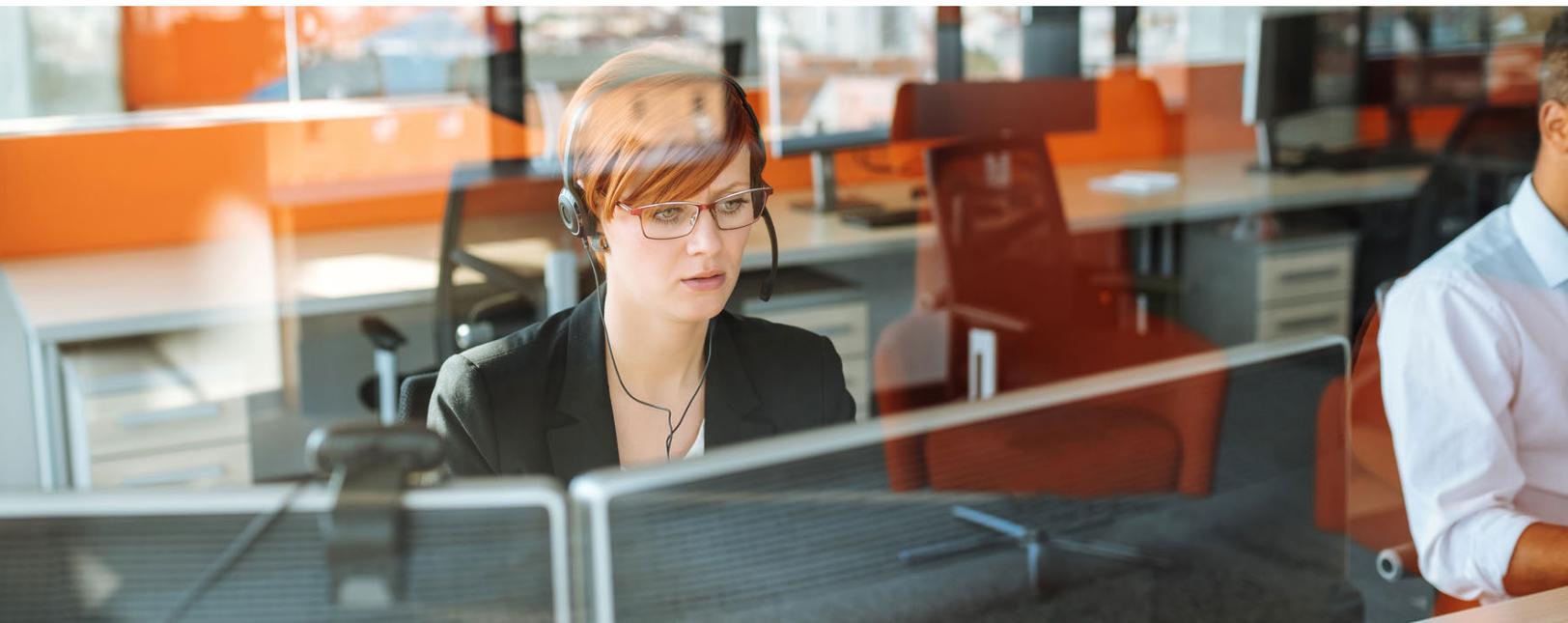
Behavioral Health Barometer, 2015

“This report presents national data about the prevalence of behavioral health conditions. This data includes the rate of serious mental illness, suicidal thoughts, substance use, and

underage drinking. The report also highlights the percentages of those who seek treatment for these conditions.” The webpage also provides access to state-level barometer reports.

Behavioral Health Barometer, Volume 4

“This report presents national data about the prevalence of behavioral health conditions. This data includes the rate of serious mental illness, suicidal thoughts, substance use, and underage drinking. The report also highlights the percentages of those who seek treatment for these conditions. The state-level Barometers contain valuable insight into the behavioral health needs and the unique challenges faced





by communities across the country. This analysis can help public health authorities and others determine the best ways of meeting behavioral health care needs and disparities among various communities.” The webpage also provides access to state-level barometer reports.

Behavioral Health Barometer, Volume 5

“The National report presents indicators as measured through the 2017 National Survey on Drug Use and Health and the National Survey of Substance Abuse Treatment Services. State reports provide a snapshot of substance use and mental health in the United States.”

In Brief: Substance Use and Suicide: A Nexus Requiring a Public Health Approach

“This brief highlights the relationship between substance use and suicide and gives an overview of the issue. It describes for state and

tribal prevention professionals’ evidence-based programs that focus on substance use and suicide prevention.”

National Strategy for Suicide Prevention 2012: Overview

The National Strategy for Suicide Prevention 2012: Overview is an overview of the 2012 National Strategy for Suicide Prevention report. The report reviews the national plan that serves as a guide for suicide prevention activities over the next decade. This paper highlights the need for a national suicide prevention strategy, the plan’s overall goals, as well as its objectives are based on four strategic directions.

National Strategy for Suicide Prevention 2012: Goals and Objectives for Action

“The National Strategy is a call to action that is intended to guide suicide prevention actions in the United States over the next decade. It outlines four strategic directions with 13 goals

and 60 objectives that are meant to work together in a synergistic way to prevent suicide in the nation.”

National Strategy for Suicide Prevention 2012: Implementation Assessment Report

“This 2017 report is an assessment of the implementation of the revised 2012 National Strategy for Suicide Prevention. The report attempts to provide a snapshot of recent efforts to implement the goals and objectives of the National Strategy for Suicide Prevention and makes suggestions for increasing the effectiveness of these implementation efforts.”

Preventing and Responding to Suicide Clusters in American Indian and Alaska Native Communities Report

“This report examines suicide clusters within American Indian and Alaska Native communities. It discusses effective prevention strategies and offers resources to communities to decrease the prevalence of these clusters.”

Suicide Clusters within American Indian and Alaska Native Communities: A Review of the Literature and Recommendations

“This paper examines what is known about suicide clusters within American Indian and Alaska Native (AI/AN) populations and uses that information to provide recommendations for stakeholders working to prevent and contain suicide clusters within AI/AN communities.”



Suicide Prevention in Alaska Report

“This report gives an overview of suicide prevention strategies used in Alaska. It provides background information on the suicide epidemic within the state and explores the effectiveness of recent suicide prevention efforts. It also highlights data on suicide rates among American Indians and Alaskan Natives.”



1.4 Models and Frameworks

Resources in the Models and Frameworks subsection provide a focus on approaches and models, evidence-based best practices, programming, messaging, and strategic planning for suicide prevention.

[A Strategic Planning Approach to Suicide Prevention](#)

A Strategic Planning Approach to Suicide Prevention can help support development or expansion of a suicide prevention program in a state or community by identifying activities that will be effective in addressing the problem of suicide and help prioritize your efforts. This course is designed to help—from beginning to end—with actions (e.g., choosing long-term goals for a suicide prevention program, implementation of interventions, conducting an evaluation, and following up on next steps based off of the evaluation data).

[Comprehensive Approach to Suicide Prevention](#)

The Comprehensive Approach to Suicide Prevention model uses nine strategies in combination to address all aspects of the issue of suicide. Each of the strategies is based on a broad goal that is intended to be implemented using a wide array of policies, programs, and activities.

[Framework for Successful Messaging](#)

The Framework for Successful Messaging is an online resource designed to be used by anyone. This resource provides a wide-range of

guidance and tools that can be used by people who develop and disseminate suicide-related prevention content. It's designed to ensure that messaging around suicide and prevention is strategic, safe, positive, and based on best practices.

National Recommendations for Depicting Suicide

The National Recommendations for Depicting Suicide are a set of recommendations developed and created by representatives from the entertainment industry in collaboration with the suicide prevention field. They seek to help members of the entertainment industry, such as content creators, scriptwriters, and producers, create a more balanced and authentic narrative when involving suicide and suicide prevention.

SPRC: Finding Suicide Prevention Programs and Practices

The SPRC: Finding Suicide Prevention Programs and Practices is a searchable repository that provides information on several types of suicide prevention programs, including topics such as education and training, screening, and forms of treatment. The repository also

provides information on evidence-based programs and practices, as well as links to other websites' program registries and lists.

SPRC: Effective Suicide Prevention Model

The SPRC: Effective Suicide Prevention Model is a resource that details the Suicide Prevention Resource Center's Effective Suicide Prevention Model. It includes a short video that provides a brief overview of the three elements of the model—Strategic Planning, Keys to Success, and the Comprehensive Approach.

SPRC: Strategic Planning Approach to Suicide Prevention

The SPRC: Strategic Planning Approach to Suicide Prevention serves as a guide to create a strategic planning process to suicide prevention activities, programs, and other efforts. The guide includes information on how to describe the problem, choosing long-term goals, developing interventions, and creating an evaluation. It also links to additional resources such as an online training course to strategic planning for suicide prevention.



1.5 Guides and Toolkits

In the Guides and Toolkits subsection, there are a wide variety of guides and toolkits designed to support a comprehensive approach to suicide prevention. There are resources for almost all audiences including providers, youths, schools, family members, individuals recovering from a suicide attempt, funeral staff, and emergency departments. Several items are offered in both English and Spanish.

[#Chatsafe: A Young Person's Guide for Communicating Safely Online About Suicide](#)

#Chatsafe is a set of guidelines created by young people to provide information and support to individuals who may be responding to suicide-related content posted by others on social media. The guidelines are also a resource for those experiencing or who have experienced suicidal thoughts, feelings, or behaviors and who want to share them.

[A Guide for Funeral Directors: Supporting Survivors of Suicide Loss](#)

The Guide for Funeral Directors: Supporting Survivors of Suicide Loss brochure provides information and guidance to funeral directors and other funerary support staff to aid their work when supporting survivors of suicide loss. It provides details on how suicide impacts loved ones and survivors, and how to navigate around the negative stigma associated with suicide. The guide also serves as a practical tool providing tips on stress management.

[A Guide for Medical Providers in the Emergency Department Taking Care of Suicide Attempt Survivors After an Attempt](#)

A Guide for Medical Providers in the Emergency Department Taking Care of Suicide Attempt Survivors After an Attempt is a brochure

designed for emergency department providers and shares tips for enhancing treatment for individuals who have attempted suicide.

The guide includes information on how to communicate with families, Health Insurance Portability and Accountability Act regulations, patient discharge procedures, and resources for medical professionals, patients, and their families.

[A Guide for Taking Care of Yourself After Your Treatment in the Emergency Department After an Attempt](#)

Available in [English](#) and [Spanish](#).

A Guide for Taking Care of Yourself After Your Treatment in the Emergency Department After an Attempt is a brochure intended to help people who are in recovery after a suicide attempt. It covers healing, hope, and help after treatment in the emergency room. The guide also provides information, such as how to deal with future suicidal thoughts, as well as ways to connect with other attempt survivors. It includes information on other resources that can help survivors move forward in their recovery process.

[A Guide for Taking Care of Your Family Member After Treatment in the Emergency Department After an Attempt](#)

Available in [English](#) and [Spanish](#).

A Guide for Taking Care of Your Family Member After Treatment in the Emergency Department After an Attempt is a brochure developed by and for family members when their loved one has attempted suicide. The guide includes information about what to expect immediately after the crisis, while in the emergency room, addresses follow-up planning, as well as ways to take care of yourself and your family member following the attempt.

[A Journey Toward Health and Hope: Your Handbook for Recovery After a Suicide Attempt](#)

A Journey Toward Health and Hope: Your Handbook for Recovery After a Suicide Attempt is a guide intended for individuals who are making their first steps toward recovery after a suicide attempt. The guide seeks to support their path to a hopeful future and includes personal stories from survivors as well as strategies for a healthy and safe recovery.

[A Practical Guide to Psychiatric Advance Directives](#)

A Practical Guide to Psychiatric Advance Directives is a resource to create a psychiatric or mental health advance directive (PAD). A PAD is similar to other living wills and advance planning documents in that it is a legal tool that allows a person with mental illness to state their preferences for treatment in advance of a crisis. This resource provides details needed for individuals who would like to use or promote the use of PADs.

[Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment: Quick Guide for Clinicians Based on TIP 50](#)

Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment: Quick Guide for Clinicians Based on TIP 50 is a suicide prevention resource guide designed to help clinicians and service providers working with clients who are living with substance use disorders. It reviews the warning signs for suicide, risk and protective factors, and ways to identify and respond to suicidality.

[Help a Friend in Need: A Facebook and Instagram Guide](#)

Help a Friend in Need: A Facebook and Instagram Guide is a collaboration between Facebook and Instagram and their partnership with The Jed Foundation and The Clinton Foundation. This social media tool covers how to recognize potential warning signs of emotional distress, how to ask your friend if you think they may need help, warning signs of suicide, and additional resources for suicide prevention.



Preventing Suicide: A Toolkit for High Schools

Preventing Suicide: A Toolkit for High Schools includes ways to implement a comprehensive suicide prevention program for students. It was created for high schools and school districts to aid in the design and implementation of suicide prevention strategies while also promoting overall behavioral health.

Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Centers

Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Centers is intended for senior centers to help them integrate suicide prevention into activities that support client well-being. It includes a description of activities that increase protective factors and reviews ways to recognize suicidal warning signs.

Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Living Communities (SPARK Kit)

The SPARK Kit provides a wide range of resources for staff working in senior living environments. It focuses on mental health and suicide prevention, and encourages active participation among residents. The toolkit also establishes guidelines for integrating suicide prevention into ongoing programs, as well as hands-on tools, and other training manuals.

Suicide Prevention Dialogue with Consumers and Survivors: From Pain to Promise Building Bridges

Suicide Prevention Dialogue with Consumers and Survivors: From Pain to Promise Building Bridges is a resource that summarizes a meeting

that involved suicide attempt survivors, health care professionals, researchers, and policymakers as they discussed factors in recovery and suicide prevention. The group also developed recommendations to enhance dialogue and improve services that touch on this issue.

The Relationship Between Bullying and Suicide: What We Know and What It Means

The Relationship Between Bullying and Suicide: What We Know and What It Means is a resource designed for schools. It provides information that promotes the understanding of and ability to prevent and respond to bullying and suicide-related behavior.

TIP 50: Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment

“This manual offers guidelines for working with suicidal adults living with substance use disorders. It covers risk factors and warning signs for suicide, core competencies, and clinical vignettes.”

To Live To See the Great Day That Dawns: Preventing Suicide by American Indian and Alaska Native Youth and Young Adults

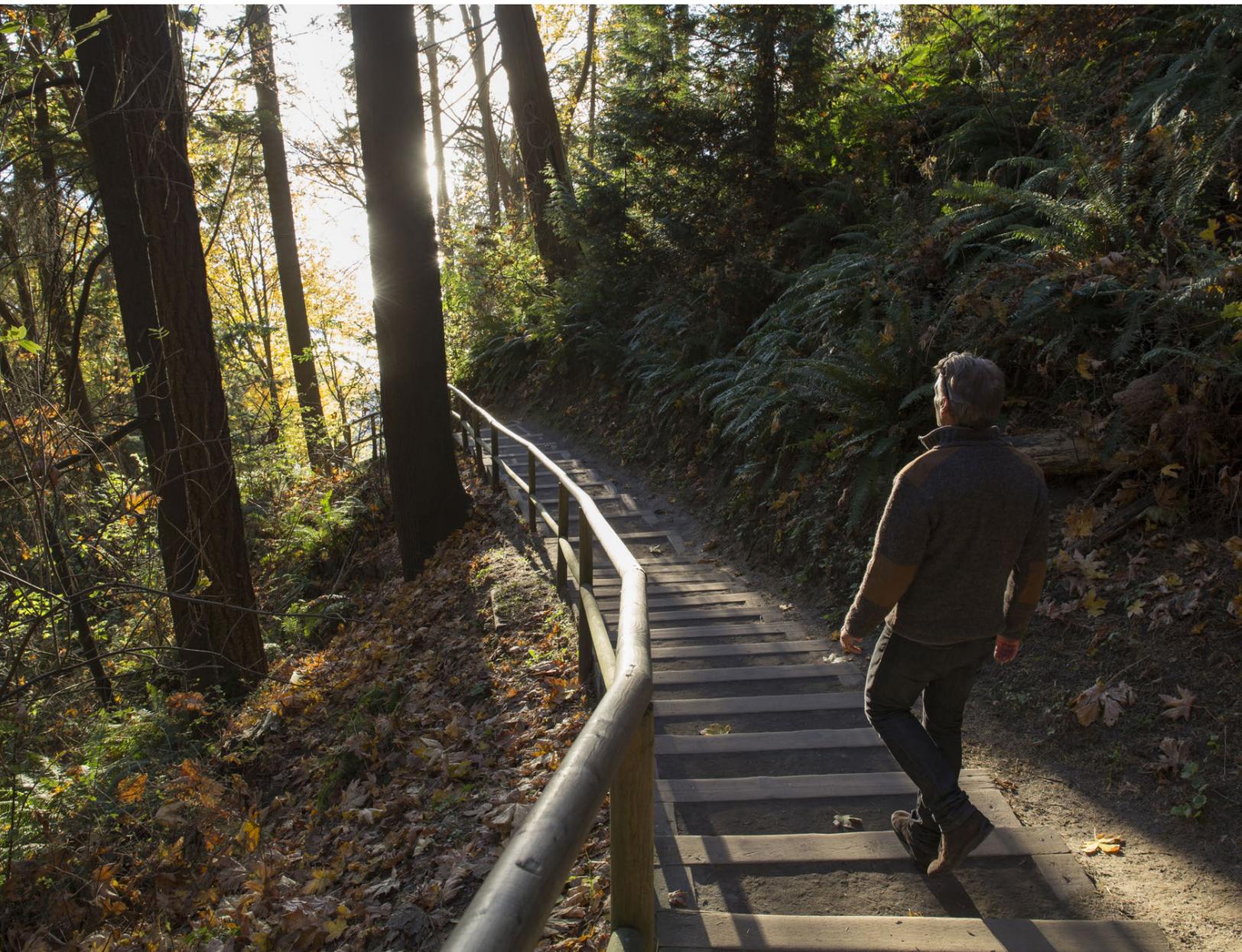
The To Live To See the Great Day That Dawns: Preventing Suicide by American Indian and Alaska Native Youth and Young Adults manual was created for AI/AN youth and young adults. It creates a framework for community-based suicide prevention and mental health promotion planning. The manual describes suicide risks, reviews protective factors and awareness, and provides examples of action-oriented prevention models.

What to Do if You're Concerned About Your Teen's Mental Health: A Conversation Guide

The What to Do if You're Concerned About Your Teen's Mental Health: A Conversation Guide was developed to help parents and families who are concerned about their teen's mental health and emotional well-being. It provides information on how to have important conversations with their child and tools to recognize the signs that their child may be struggling.

Youth Mental Health First Aid

The Youth Mental Health First Aid course is designed to teach individuals such as parents, family members, teachers, peers, neighbors, and others how to help young people between the ages of 12–19 who are experiencing a mental health or addiction challenge or are in crisis.



1.6 Videos

The resources in the Videos subsection include webinars, public service campaigns, and case studies. Topics include suicide prevention for young people, the connections between substance use disorders and risk of suicide, treatment approaches, and hope and recovery.

NPW 2017: Suicide and Substance Use in Young People

The NPW 2017: Suicide and Substance Use in Young People video provides an overview on the relationship between suicide and substance use among young people. The presenter also includes current best practices in prevention and intervention strategies.

Teen Suicide Prevention PSA

Teen Suicide Prevention PSA is a public service campaign designed to reduce the incidence of suicide and suicide attempts among teens in the U.S. by implementing a call to action for teens to visit reachout.com. This website is designed so that young people can listen to stories from other teens who have faced similar situations and were able to successfully navigate them. The goal is to show youths that they are not alone in struggling with emotional and mental health issues.

Think, Act, Grow in Action Webinar: Sources of Strength

The Think, Act, Grow in Action Webinar: Sources of Strength webinar is part of the U.S. Department of Health & Human Services Office of Adolescent Health's Successful Strategies for Improving Adolescent Health webinar series. This video highlights the Think, Act, Grow (TAG) program at local, state, and national levels. The TAG program is designed to improve adolescent health by prioritizing activities that support healthy development.

The Intersection of Opioids and Suicide: A Prevention Approach

"This webinar features a discussion about the relationship and intersection between the growing opioid and suicide crises and what prevention strategies and approaches can be used to address them at the national and state level."

TIP 50: Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment Video companion to TIP 50

"This video offers guidance to substance use disorder treatment counselors working with people experiencing suicidal behaviors. It covers risk factors, warning signs, and follow-up care. Case scenarios demonstrate counseling techniques and a four-step process for addressing suicide."

Stories of Hope and Recovery: A Video Guide for Suicide Attempt Survivors

The Stories of Hope and Recovery: A Video Guide for Suicide Attempt Survivors video highlights the stories of individuals who survived an attempted suicide. They and their families recount the journey from the suicide attempt to where they are now in life with hope and their recovery.

1.7 Handouts and Posters

The resources in the Handouts and Posters subsection are designed to be printed out and distributed. Most offer immediate crisis information (e.g. recognizing warning signs). They also provide a list of organizations or helplines that are available to provide support. These resources were created for a variety of individuals including health care providers, parents, and individuals in or who work with tribal communities.

National Strategy for Suicide Prevention 2012: How You Can Play a Role in Preventing Suicide

The National Strategy for Suicide Prevention 2012: How You Can Play a Role in Preventing Suicide fact sheet provides information on suicide prevention strategies. It includes facts about suicide, prevalence data, and identifies at-risk populations. The fact sheet also lists the warning signs of suicidal behavior and describes how to help someone at risk for suicide.

National Suicide Prevention Lifeline Wallet Card: Assessing Suicide Risk: Initial Tips for Counselors

“This wallet card helps counselors identify people at risk for suicide. It presents information on what to do if someone is having suicidal thoughts, and lists warning signs of suicidal behavior.”



National Suicide Prevention Lifeline Wallet Card: Having Trouble Coping? With Help Comes Hope

“This wallet card lists signs of depression. It urges people to call the National Suicide Prevention Lifeline if they or someone is having trouble coping after a traumatic event.”

National Suicide Prevention Lifeline Wallet Card: Suicide Prevention: Learn the Warning Signs

“This wallet card lists signs for suicide risk. It urges those showing any of the signs to contact a mental health professional or to call the National Suicide Prevention Lifeline.”

Recommendations for Reporting on Suicide

The Recommendations for Reporting on Suicide fact sheet offers media recommendations for covering suicide to help address negative public perceptions. It includes warning signs, tips to avoid misinformation, and ideas to foster hope.

SAFE-T Pocket Card: Suicide Assessment Five-Step Evaluation and Triage for Clinicians

“This resource gives a brief overview on conducting a suicide assessment using a five-step evaluation and triage plan. The five-step plan involves identifying risk factors and protective factors, conducting a suicide inquiry, determining risk level and interventions, and documenting a treatment plan.”

Suicide and Social Media: A Tip sheet for Parents and Providers

The Suicide and Social Media tip sheet is designed to show parents and providers how to engage in conversations with young people about social media and other digital content. The tip sheet also provides ways in which to understand or use parental control tools.

Suicide Prevention in Indian Country

“This fact sheet, developed for tribal audiences and the agencies that work with them, reviews suicide prevention in Indian Country and how the 2012 National Strategy for Suicide Prevention can apply to tribal communities.”

Teen Suicide Prevention: We Can Help Us

“Part of a suicide prevention campaign, this poster reminds teens that others have had similar feelings and that there are ways to get through it. Urges teens to visit the reachout.com website to hear stories from others.”

2.0 State Resources for the Central East Region



2.1 Delaware

Hotline Contact Information

Northern Delaware Mobile Crisis Intervention Services: **1-800-652-2929**

Southern Delaware Mobile Crisis Intervention Services: **1-800-345-6785**

Statewide Youth Crisis Intervention Services: **1-800-969-HELP** (4357)

Contact Lifeline: **1-800-262-9800**

Delaware Division of Substance Abuse and Mental Health Services (DDSAMHS)

Part of the Delaware Department of Health and Social Services, DDSAMHS, works with physical and behavioral health providers, crisis centers, and first responders to provide a wide range of crisis intervention services. Contact information is available through their website.

Delaware Department of Services for Children, Families, and Youth (DDSCFY)

As the primary Delaware agency responsible for youth suicide prevention, DDSCFY provides 24-hour mobile crisis stabilization services (call 1-800-969-HELP (4357)). Through its website, the Department also provides information on the warning signs of suicide ideation among youth and links to other state and national resources on suicide prevention.

Mental Health Association in Delaware (MHAD)

MHAD was founded in 1932 as a statewide nonprofit to promote mental health issues and services. This association offers numerous suicide prevention resources for stakeholders on its website. These include information on the risk and protective factors for suicide, the warning

signs of suicide ideation, and the populations most vulnerable to suicide. MHAD also provides contact information for state agencies and hotlines, information on available trainings about suicide prevention offered through MHAD or other organizations (e.g., Applied Suicide Intervention Skills Training, SafeTALK Training, and Lifelines Training), and testimonials from survivors.

Contact Lifeline

A statewide nonprofit agency based in Wilmington, Contact Lifeline provides crisis intervention and counseling services for people with suicide ideation as well as victims of sexual assault. Contact information, including live online chat services, are available through its website.

American Foundation for Suicide Prevention- Delaware Chapter (AFSP)

The Delaware Chapter of the AFSP provides links to all national AFSP resources (see entry in section 1.2) and organizes awareness raising events throughout the state.

2.2 Maryland

Hotline Contact Information

Maryland Crisis Contact: Call **2-1-1**, Press Option 1 (Or Text **898211**)

Maryland Youth Crisis Hotline: **1-800-422-0009**

Baltimore Crisis Response Inc.: **410-433-5175**

Catholic Charities of Baltimore, Crisis Response: **410-752-2272**

Grassroots Crisis Intervention (Central Maryland): **410-531-6677**

Mental Health Association of Frederick County: **866-411-6803**

Community Crisis Services, Inc. (Prince George's County): **301-864-7130**

EveryMind (Montgomery County): **301-738-2255**

LIFE CRISIS CENTER (EASTERN SHORE): **410-749-4357**

Maryland Department of Health (MDH)

As the primary Maryland agency responsible for organizing suicide prevention services, MDH offers numerous resources through its website. Resources include numerous fact sheets and resource guides, tools for conducting suicide risk assessments, and recordings of webinars on suicide prevention topics.

Additional resources include information on upcoming training opportunities (e.g., Applied Suicide Intervention Skills Training, SafeTALK Training, and Lifelines Training), archived copies of a newsletter about suicide prevention activities, and data on suicide rates and related statistics. MDH created the Maryland Suicide Prevention Program. The program seeks to improve statewide collaboration efforts to address suicide and created the 2018 State Plan on Suicide Prevention, and chairs the Governor's Commission on Suicide Prevention. The Commission meets bi-monthly, with event information available through the MDH website. MDH also organizes an annual suicide prevention conference.

Maryland State Department of Education (MSDE)

The MSDE runs the Youth Suicide Prevention School Program, which seeks to prevent youth suicide through various school educational programs. Information on the program and links to national organizations and their resources are available through its website.

Johns Hopkins University, Bloomberg School of Public Health

Since 1967, Johns Hopkins University has run the Suicide Prevention Workgroup, which seeks to further research and understanding about suicide and suicide prevention. Primarily a research entity, the Workgroup does invite offers to collaborate on suicide prevention efforts.

University of Maryland System

The University of Maryland offers online suicide prevention training for its faculty, staff, and students.

Baltimore Crisis Response, Inc. (BCRI)

BCRI is a nonprofit crisis intervention and addiction treatment services agency serving Baltimore residents. BCRI provides a crisis intervention hotline (call 410-433-5175), mobile crisis services, medical detoxification services, case management services, and residential and in-home support services. It also provides education and training for law enforcement and community members.

Grassroots Crisis Intervention

Grassroots offers suicide prevention and crisis intervention, among other services, for residents of central Maryland. In addition to a 24/7 hotline (call 410-531-6677), Grassroots organizes treatment and recovery programs and services and offers prevention trainings (i.e., Applied Suicide Intervention Skills Training, Safe Space, and Question Persuade Refer).

Mental Health Association of Frederick County (FCMHA)

Based in Frederick County, FCMHA offers crisis intervention services and suicide prevention education. In addition, they offer a broader array of behavioral health services. These offerings are for residents throughout western Maryland. FCMHA also offers community training and events.

Community Crisis Services, Inc. (CCS)

Based in Prince George's County, CCS offers crisis intervention services, shelters, and referrals to treatment programs. CCS also provides education and outreach about suicide prevention and other crises to community members.

Life Crisis Center

A non-profit agency serving the Eastern Shore, the Life Crisis Center offers crisis intervention services (call 410-749-4357), as well as online live crisis chat services. It also offers fact sheets on the warning signs of suicide and provides outreach and education for community members.

American Foundation for Suicide Prevention- Maryland Chapter (AFSP)

The Maryland Chapter of the AFSP provides links to all national AFSP resources (see entry in section 1.2) and organizes awareness raising events throughout the state.



2.3 Pennsylvania

Hotline Contact Information

Contact Helpline (Central Pennsylvania): **1-800-932-4616**

Contact Helpline (Bucks and Montgomery counties): **215-355-6000**

Allegheny County (Pittsburgh) Crisis Intervention hotlines: **888-424-2287** and **412-820-4357**

Altoona Community Crisis Center- Emergency Services: **1-800-540-4690**

Bucks County 24-hour crisis hotline: **215-345-2273**

Butler County 24-hour crisis hotline: **1-800-282-3866**

Cameron and Elk Counties 24-hour crisis hotline: **1-800-652-0562**

Centre County 24-hour crisis hotline: **1-800-643-5432**

Chester County 24-hour crisis hotline: **610-918-2100**

Clarion County 24-hour crisis hotline: **814-226-7223**

Dauphin County 24-hour crisis hotline: **717-232-7511**

Delaware County 24-hour crisis hotline: **610-447-7600**

Erie County 24-hour crisis hotline: **814-453-5656**

Lancaster County 24-hour crisis hotline: **717-394-2631**

Lawrence County 24-hour crisis hotline: **724-658-5529**

Leigh County 24-hour crisis hotline: **610-782-3127**

Luzerne County 24-hour crisis hotlines: **570-836-3118** and **570-455-6385**

Montgomery County 24-hour crisis hotline: **610-279-6100**

North Hampton County 24-hour crisis hotline: **610-252-9060**

Philadelphia County 24-hour crisis hotline: **215-686-4420**

Westmoreland County 24-hour crisis hotline: **800-836-6010**

Wyoming County 24-hour crisis hotlines: **570-552-6000** and **570-735-7590**

York County 24-hour crisis hotline: **1-800-673-2496**

TrueNorth Wellness (Hannover, York, & Gettysburg) 24-hour crisis services: **866-325-0339**

Pennsylvania Office of Mental Health and Substance Abuse Services (POMHSAS)

Overseeing the state's public behavioral health system, POMHSAS advances suicide prevention efforts through the work it does supporting direct service providers in the state. In addition, POMHSAS created the entities that eventually became Prevent Suicide PA, and it continues to

work closely with the agency on its initiatives. POMHSAS has also developed and administered youth suicide prevention activities in schools.

Prevent Suicide PA

Prevent Suicide PA is a collaborative, nonprofit agency that offers numerous fact sheets, toolkits, trainings, events, and other education and awareness-raising resources to address

suicide. It was created from a merger of the Adult/Older Adult Suicide Prevention Steering Committee and the Youth Suicide Prevention Steering Committee, which had been created by POMHSAS as collaborative public-private initiatives to address suicide. In addition to its resources, Prevent Suicide PA serves as a repository for resources from numerous other entities in the state, and hosts an annual conference for suicide prevention stakeholders.

Pennsylvania Mental Health Consumers' Association (PMHCA)

PMHCA is a statewide organization that provides information and support to individuals with mental health disorders and advocates on behalf of mental health policies and issues. They offer information on the warning signs of suicide and contact information for the national suicide prevention hotlines.

Philadelphia Suicide Prevention Task Force

The Philadelphia Suicide Prevention Task Force is part of the Philadelphia Department of Behavioral Health and Intellectual Disability Services. The task force coordinates suicide prevention activities across city agencies and offers educational resources and practice guides through its website. It also provides access to citywide suicide-related statistics.

CONTACT Helpline- Central Pennsylvania

CONTACT Helpline provides confidential listening services and information and referrals to services 24/7 for residents of central Pennsylvania (i.e., Adams, Cumberland, Dauphin, Franklin, Fulton, Huntingdon, Juniata, Lancaster, Mifflin, Perry and York counties). Call 800-932-4616.

CONTACT Helpline- Bucks and Montgomery

CONTACT Helpline provides confidential listening services, information, and referrals to services 24/7 for residents of Bucks and Montgomery counties. Call 215-355-6000.

Center for Community Resources

Based in Butler County, the Center provides a variety of behavioral health screening services as well as crisis intervention services (call 800-292-3866). The Center also has offices located in Clarion (call 814-226-7223), and Cameron and Elk counties (call 800-652-0562).

TrueNorth Wellness

Serving central southern Pennsylvania, TrueNorth Wellness provides behavioral health services, including crisis intervention, for residents across seven counties. They provide information on the warning signs of someone in crisis, including in danger of suicide, on their website.

American Foundation for Suicide Prevention-Eastern Pennsylvania Chapter (AFSP)

The Eastern Pennsylvania Chapter of the AFSP provides links to all national AFSP resources (see entry in section 1.2) and organizes awareness raising events throughout the eastern half of the state.

American Foundation for Suicide Prevention-Western Pennsylvania Chapter (AFSP)

The Western Pennsylvania Chapter of the AFSP provides links to all national AFSP resources (see entry in section 1.2) and organizes awareness raising events throughout the western half of the state.

2.4 Virginia

Hotline Contact Information

PRS Crisis Link 24-hour hotline (DC and northern Virginia): **703-527-4077**

New River Valley CS 24-hour crisis services (southwestern Virginia): **540-961-8400**

Bristol Crisis Center 24-hour crisis hotline (Central Appalachia): **276-466-2312**

Madison House 24-hour help line (Charlottesville and UVA): **434-295-8255**

ACTS 24-hour helpline (Prince Williams County): **703-368-4141**

Frontier Health 24-hour mobile crisis response hotline (Lee County): **276-346-3590**

Frontier Health 24-hour mobile crisis response hotline (Scott County): **276-225-0976**

Frontier Health 24-hour mobile crisis response hotline (Wise County): **276-523-8300**

Southside Survivor Response Center 24-hour crisis hotline (southern Virginia): **877-934-3576**

Richmond Behavioral Health Care 24-hour crisis intervention services: **804-819-4100**

Concern Hotline 24-hour crisis hotline (Clarke, Frederick, and Winchester Counties): **540-667-0145**

Concern Hotline 24-hour crisis hotline (Shenandoah County): **540-459-4742**

Concern Hotline 24-hour crisis hotline (Page County): **540-743-3733**

Concern Hotline 24-hour crisis hotline (Warren County): **540-635-4357**

Community Service Board Crisis Contact Information

Alexandria: **703-746-3401**

Alleghany Highlands: **540-965-6537**

Arlington: **703-228-5160**

Blue Ridge Behavioral Health: **540-981-9351**

Chesapeake Integrated Behavioral Health: **757-547-9334**

Chesterfield: **804-748-6356**

Colonial Behavioral Health: **757-220-3200**

Crossroads: **800-548-1688**

Cumberland Mountain: **800-286-0586**

Danville-Pittsylvania: **434-793-4922**

Dickenson County: **276-926-1680**

District 19: **804-862-8000**

Eastern Shore: **757-442-7707**

Fairfax-Falls Church: **703-573-5679**

Goochland-Powhatan: **804-556-3716**

Hampton-Newport News: **757-788-0011**
Hanover County: **804-365-4200**
Harrisonburg-Rockingham: **540-434-1766**
Henrico Area: **804-727-8484**
Highland: **276-525-1550**
Horizon Behavioral Health: **434-477-5000**
Loudon County: **703-777-0320**
Middle Peninsula-Northern Neck: **804-693-2673**
Mount Rogers: **276-223-3202**
New River Valley: **540-961-8400**
Northwestern: **540-635-4804**
Norfolk: **757-664-7690**
Piedmont: **888-819-1331**
Planning District One: **276-346-3590**
Portsmouth: **757-393-8990**
Prince William County: **703-792-7800**
Rappahannock Area: **540-373-6876**
Rappahannock-Rapidan: **540-825-5656**
Region Ten: **434-972-1800**
Richmond Behavioral Health Authority: **804-819-4100**
Rockbridge Area: **855-222-2046**
Southside: **434-848-4121**
Valley: **540-885-0866**
Western Tidewater: **757-925-2484**

Virginia Department of Behavioral Health and Developmental Services (VDBHDS)

The Virginia Department of Behavioral Health and Developmental Services oversees the state's public mental health, intellectual disability, and substance abuse services system. The system consists of 39 local Community Service Boards (CSB) and one Behavioral Health Authority (BHA). As part of their provision of community-based behavioral health services, each CSB and the BHA offer an after-hours

or 24/7 emergency services and crisis hotline. Information on which localities are served by which CSB can be found here.

The Department also oversees the Behavioral Health Wellness (BHW) Office, which is responsible for promoting behavioral health wellness through a comprehensive array of strategies proven to reduce substance abuse and promote mental health. Among other services and trainings, BHW provides Applied Suicide Intervention Skills Trainings (ASIST).

Virginia Department of Health (VDOH)

The Virginia Department of Health offers and coordinates numerous types of suicide prevention trainings, including Question, Persuade, and Refer (QPR), SafeTALK, Applied Suicide Intervention Skills Training (ASIST), trainings for mental health clinicians, and trainings for primary care providers. These trainings are run through the Suicide Prevention Program with support from local agencies around the state. The Department has also created numerous resources that are available through its website, including a suicide risk assessment pocket card, a toolkit for primary care providers, and links to resources developed by national organizations. Other information is also available through VDOH's website, including the state's 2016 suicide prevention plan.

Virginia Department of Education (VDOHE)

The Virginia Department of Education offers guidelines through their website for school

personnel to follow in the event they identify a student at risk for suicide.

Bristol Crisis Center

The Bristol Crisis Center offers suicide prevention education and training services for communities throughout the central Appalachian region of Virginia. This includes Bland County, Bristol City, Buchanan County, Carroll County, Dickenson County, Galax City, Grayson County, Henry County, Lee County, Martinsville City, Norton City, Patrick County, Russell County, Scott County, Smyth County, Tazewell County, Washington County, Wise County, and Wythe County.

American Foundation for Suicide Prevention-Virginia Chapter (AFSP)

The Virginia Chapter of the AFSP provides links to all national AFSP resources (see entry in section 1.2) and organizes awareness raising events throughout the state.



2.5 West Virginia

Hotline Contact Information

United Summit Center 24-hour crisis hotline (north-central WV): **1-800-786-6480**

Potomac Highlands 24-hour crisis hotline (Franklin region): **1-800-545-4357**

Prestera Center 24-hour crisis hotline (Huntington region): **1-800-642-3434**

Valley Healthcare System 24-hour crisis hotline (Morgantown region): **1-800-232-0020**

West Virginia Bureau for Behavioral Health (WV BBH)

The WV Bureau for Behavioral Health (WV BBH) oversees the state's public behavioral health system. It also advances suicide prevention efforts through the work it does supporting direct service providers in the state doing outreach, training, post-vention, and Lifeline call services.

WV BBH has a multi-pronged approach to respond to the increase in national and state suicide rates, applying for Federal funds to expand suicide prevention work, working with its partners to expand their capacity for answering Lifeline calls, providing increased training, and consulting with national experts and colleagues in other states on best practices and creative solutions.

WV BBH and Prevent Suicide WV (see below) have partnered for more than a decade on youth suicide prevention grants and related initiatives. They are now also working together on adult suicide prevention. WV BBH administers the Regional Youth Suicide Intervention Specialists grants and Prevent Suicide WV grant. One of the ways Prevent Suicide WV is responding to the rise in suicide rates in WV is to increase the trainings they provide and provide more Train-the-Trainer options.

Because steadily rising suicide rates are related to the opioid epidemic, WV BBH is utilizing

Federal State Opioid Response (SOR) grant funds to fund Adult Intervention Specialists in all six regions of WV. These specialists have a unique role of helping people who intentionally overdosed by working with Quick Response Teams and Emergency Departments to share resources and be available for individual and family referrals and support.

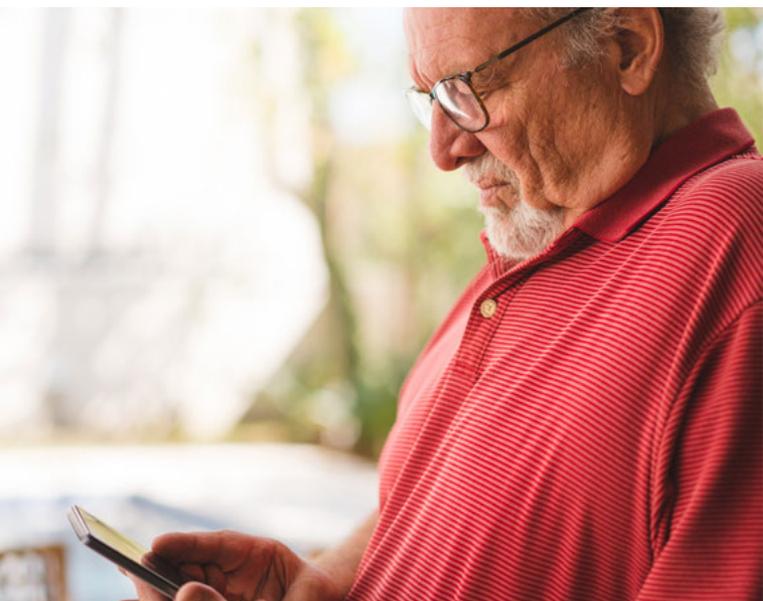
First Choice Services, which receives grant funding from WV BBH for providing Lifeline services, has added overtime workers and cross-trained more of its call agents to answer Lifeline calls.

Help 4 WV

This statewide helpline (1-844-435-7498) offers a 24/7 call, chat, and text line that provides immediate help for any West Virginian struggling with an addiction or mental health issue.

Prevent Suicide WV

Funded by the West Virginia Bureau for Behavioral Health and Health Facilities and the West Virginia Bureau for Public Health, Prevent Suicide WV offers suicide prevention education, awareness raising, training and technical assistance, and infrastructure development. Prevent Suicide WV is the designated organization to direct state-sponsored statewide suicide early intervention and prevention strategy. Through its website, it offers the



West Virginia Evidence-Based Practice Toolkit, assessment protocols for screening for suicide risk, and numerous other resources.

[American Foundation for Suicide Prevention- West Virginia Chapter \(AFSP\)](#)

The West Virginia Chapter of the AFSP provides links to all national AFSP resources (see entry in section 1.2) and organizes awareness raising events throughout the state.

2.6 District of Columbia

Hotline Contact Information

Department of Behavioral Health 24-hour mobile crisis services: **202-673-9319**

Department of Behavioral Health Access Helpline 24-hour service referral line: **888-793-4357**

PRS Crisis Link 24-hour hotline (DC and northern Virginia): **703-527-4077**

[District of Columbia Department of Behavioral \(DC DBH\)](#)

The District of Columbia DBH oversees the District's behavioral health services, including its mobile crisis and emergency psychiatric services, and provides certain direct services. It also supports suicide prevention through the work it does supporting independent direct service providers in the District, provides suicide prevention education and awareness raising, and conducts suicide risk assessments and screenings.

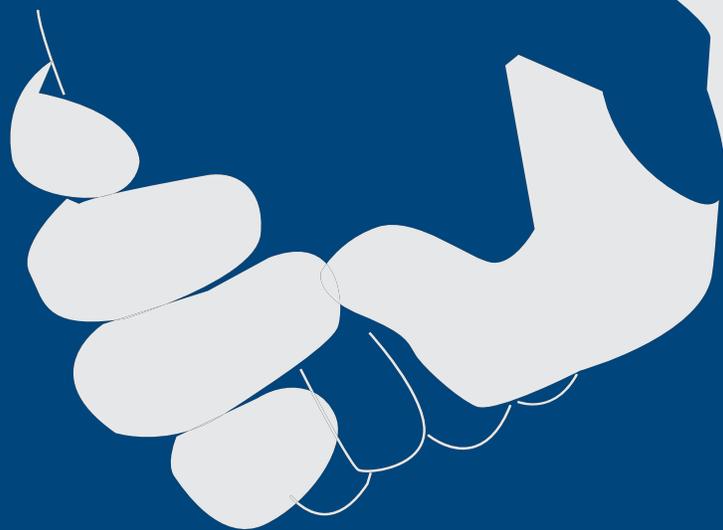
[American Foundation for Suicide Prevention-National Capital Area Chapter \(AFSP\)](#)

The National Capital Area Chapter of the AFSP provides links to all national AFSP resources (see entry in section 1.2) and organizes awareness raising events throughout the District.

SUICIDE

PREVENTION

RESOURCE GUIDE



Central East (HHS Region 3)

PTTC

Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration