



Resources for Suicide Prevention and Intervention

CRISIS HOTLINES

- [National Suicide Prevention Lifeline](#) (NSPL) (24/7) - 800-273-TALK (8255)
- [Crisis Text Line](#) (24/7) - Text **TX** to 741741
- [Trevor Project](#) (LGBTQ young people) (24/7) - 866-488-7386; text START to 678678 or chat online at www.TheTrevorProject.org/get-help-now
- [Veterans Crisis Line](#) (24/7) – 800-273-TALK (8255) and press 1
- [Texas Youth Helpline](#) (24/7) – 800-989-6884
- [Texas 2-1-1](#) and press 8
- Texas Health and Human Services - List of [Mental Health Crisis Services LMHA Mental Health Crisis Numbers](#) for the state of Texas

SUICIDE PREVENTION WALLET CARDS



[Suicide Prevention Wallet Card English](#)

[Suicide Prevention Wallet Card Spanish](#)

TRAININGS

- [***AS+K? Ask About Suicide to Save a Life***](#)
 - ▶ Online course provides a one-hour overview of public health information important to developing suicide prevention gatekeeper skills. Topics discussed include risk and protective factors and warning signs related to suicide and how to connect to care if you think someone may be struggling.
 - ▶ Suited for persons who need to meet employer requirements for suicide prevention gatekeeper training and meets Texas K-12 public school suicide prevention training requirements.

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- ▶ There is also a one hour and 30-minute to four-hour in-person workshop which may be accessible in your community. Please send inquiries to admin@texassuicideprevention.org.
 - **[Applied Suicide Intervention Skills Training \(ASIST\)](#)**
 - ▶ 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 Local Mental Health Authority (LMHA) or Local Behavioral Health Authority (LBHA) for available trainings.
 - **[Mental Health First Aid \(MHFA\)](#)**
 - ▶ A one-day training that gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis.
 - ▶ In addition, MHFA teaches about recovery and resiliency which is the belief that individuals experiencing these challenges can and do get better and use their strengths to stay well.
 - ▶ There is both an Adult and Youth MHFA training. The Youth MHFA is for adults who work with youth.
 - ▶ There is now Teen MHFA which teaches high school students about common mental health challenges and what they can do to support their own mental health and help a friend who is struggling. To find out more about this MHFA program visit <https://www.mentalhealthfirstaid.org/population-focused-modules-teens/>.
 - ▶ New curricula includes expanded content on trauma, addiction and self-care. Youth MHFA now includes new content applicable for adults working with elementary-age children, including content on the impact of social media. All content is gender neutral and culturally relevant.
 - ▶ There is also 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 in Adult and Youth MHFA, as well as Teen MHFA.

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- **[American Foundation for Suicide Prevention \(AFSP\)](#)**
 - ▶ *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 English and Spanish. Two specialized modules available – Seniors and LGBTQ. Virtual sessions are also available.
 - ▶ Other trainings include: *More Than Sad; Signs Matter: Early Detection; Soul Shop; and Stronger Communities: LGBTQ Suicide Prevention*
<https://afsp.org/get-training>
 - ▶ For a full list of programs and activities, visit [American Foundation for Suicide Prevention FY 2021 Program Priorities](#)
 - **[Counseling on Access to Lethal Means \(CALM\)](#)**
 - ▶ 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](#)**
 - ▶ 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 adults; 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.

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- **[Signs of 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.
 - **[Sources of Strength](#)**
 - ▶ 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.

EVIDENCE-BASED TOOLS

- **[Columbia-Suicide Severity Rating Scale \(C-SSRS\)](#)**
 - ▶ 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 six years old, special populations, and available in over 100 languages.
 - ▶ Online training available.
 - ▶ Contact your LMHA/LBHA for possible training.

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- **[Safety Planning Intervention \(SPI\)](#)**
 - ▶ 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.

 - **[Ask Suicide-Screening Questions \(ASQ\)](#)**
 - ▶ Set of four brief suicide screening questions that take 20 seconds to administer.
 - ▶ Suitable for both youth and adults.
 - ▶ Used in medical settings (emergency department, inpatient medical/surgical units).
 - ▶ For use by non-psychiatric clinicians.

WEBSITES

- [Texas Health and Human Services - Suicide Prevention](#)
- [Suicide Prevention Resource Center \(SPRC\)](#)
- [American Foundation for Suicide Prevention \(AFSP\)](#)
 - ▶ Local chapters available throughout the state of Texas.
- [American Association of Suicidology \(AAS\)](#)
- [Zero Suicide](#)
- [The Columbia Lighthouse Project](#)
- [Live Through This](#)
- [Texas Suicide Prevention Collaborative](#)
- Texas Department of State Health Services – [Texas Health Data Youth Suicides in Texas](#)
- [Texas Education Agency Mental Health & Behavioral Health Resources](#)
- [TexVet Veteran Community Mental Health Resources](#)
- [Now Matters Now](#)
- [How We R.E.A.C.H. to Coaching Tool](#)

MOBILE APPS

Columbia Protocol

(Compatible with iOS and Android)

The Columbia-Suicide Severity Rating Scale, 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.

Stanley-Brown Safety Plan

(Compatible with iOS and 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 a person to develop the safety plan. A person can also develop plans on their own.

There are six 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 other people 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 emergency room, and 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 the barriers.
 - ▶ Review the plan periodically to determine whether the plan needs to be revised.

Virtual Hope Box

(Compatible with iOS and 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.

Suicide Safe

(Compatible with iOS and Android)

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

(Compatible with iOS and 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

(Compatible with iOS and 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.