

## **Suicide Prevention, Intervention, and Postvention Resources**

### **For Immediate Support (Local and National Hotlines)**

#### **Youth Crisis Hotline**

301-738-9697

The Youth Crisis Hotline provides free confidential and anonymous support by trained counselors for Montgomery County youth through a 24-hour telephone active listening and referral service. Services include suicide prevention, crisis intervention counseling, and information and referral. The Hotline also is available to provide continued support and counseling in the aftermath of a tragic event.

#### **Maryland Youth Crisis Hotline Network**

800-422-0009

[www.help4mdyouth.org](http://www.help4mdyouth.org)

#### **National Suicide Prevention Lifeline**

800-273-TALK (-8255)

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

The Lifeline is a 24-hour, toll-free suicide prevention service available to anyone in suicidal crisis. Callers are routed to the closest possible crisis center in their area. With a network of more than 140 crisis centers across the country, the Lifeline's mission is to provide immediate assistance to anyone seeking mental health services. The Lifeline website features the Lifeline Gallery where survivors and attempt survivors can tell their personal stories of recovery, emphasizing that suicide is preventable and help is available. Lifeline informational materials, such as brochures, wallet cards, posters, and booklets featuring the Lifeline number, can make help accessible to troubled teens in a moment of crisis and should be a part of any school-based prevention program. Call for yourself, or someone you care about. Your call is free and confidential. Languages: English, Spanish.

#### **Kristin Brooks Hope Center National Hopeline Network**

800-442-HOPE (-4673)

800-SUICIDA (Spanish-speaking suicide hotline)

[www.hopeline.com](http://www.hopeline.com)

#### **Montgomery County Crisis Center (24 Hour)**

240-777-4000

1301 Piccard Drive, Rockville, Maryland 20850

The Crisis Center provides free, immediate crisis services 24 hours a day/365 days a year. These services are provided over the telephone or in person and no appointment is needed. Mobile Crisis Outreach will respond anywhere within Montgomery County to provide emergency psychiatric evaluations. Full crisis assessments, short-term crisis treatment, and treatment referrals are provided for all crises, both psychiatric and situational. In addition, the program has six crisis beds as an alternative to hospitalization for those who are uninsured or are insured within the public mental health system.

### The Trevor Lifeline

866-488-7386

The Trevor Lifeline is the only nationwide, around-the-clock crisis intervention and suicide prevention lifeline for lesbian, gay, bisexual, transgender, and questioning young people, from ages 13–24 years. TrevorChat and TrevorText are free, confidential, secure instant messaging services that provides live help to lesbian, gay, bisexual, transgender, and questioning young people, ages 13–24 years, through [www.TheTrevorProject.org](http://www.TheTrevorProject.org). The Lifeguard Workshops help youth identify the challenges faced by lesbian, gay, bisexual, transgender and questioning (LGBTQ) people, recognize the warning signs of suicide and respond in a way that will keep themselves and their peers safe ([www.thetrevorproject.org/pages/intro-to-lifeguard-workshops](http://www.thetrevorproject.org/pages/intro-to-lifeguard-workshops)).

## Organizations and Federal Agencies with Resources and Information on Adolescent Suicide Prevention

### American Association of Suicidology (AAS)

202-237-2280

[www.suicidology.org](http://www.suicidology.org)

AAS promotes research, public awareness programs, public education, and training for professionals and volunteers, and serves as a national clearinghouse for information on suicide, publishing and disseminating statistics, and suicide prevention resources. AAS hosts national annual conferences for professionals and survivors and serves as an accrediting body for crisis intervention programs. Its School Suicide Accreditation Program prepares school psychologists, social workers, counselors, nurses, and other school professionals to select and implement evidence-based programs in their schools. AAS also sponsors an annual "Healing After Suicide" conference for survivors.

### American Foundation for Suicide Prevention (AFSP)

[www.afsp.org](http://www.afsp.org)

AFSP funds research to advance understanding of suicide and suicide prevention and pilot programs to prevent suicide. It offers educational resources and materials such as More Than Sad: Suicide Prevention Education for Teachers and Other School Personnel. With the Suicide Prevention Resource Center (SPRC), AFSP co-produces the Suicide Prevention Best Practices Registry (BPR), which examines the effectiveness of suicide prevention programs, including school-based prevention programs. AFSP's network of local chapters can provide connections to local resources and services addressing suicide prevention as well as organizing awareness events such as "Out-of-the-Darkness" walks. AFSP's Public Policy Division, SPAN USA, keeps track of state legislation related to suicide prevention training for school personnel. The site also references, "More Than Sad: Suicide Prevention Education for Teachers and Other School Personnel" ([morethansad.org](http://morethansad.org)).

### American Psychiatric Association

888-357-7924

[www.healthyminds.org](http://www.healthyminds.org)

The American Psychiatric Association provides information about mental health and choosing a psychiatrist.

### American Psychological Association

800-374-2721

[www.apa.org](http://www.apa.org)

The American Psychological Association provides resource for referrals to psychologists ([locator.apa.org](http://locator.apa.org)).

### Canadian Association for Suicide Prevention

204-784-4073

[www.casp-acps.ca](http://www.casp-acps.ca)

The Canadian Association for Suicide Prevention includes an online list of Canadian survivor support groups. It also promotes public awareness, training, education, and advocacy.

### Centre for Suicide Prevention

403-245-3900

[suicideinfo.ca](http://suicideinfo.ca)

From a branch of the Canadian Mental Health Association, this computer-assisted resource library has an extensive collection of materials and resources related to suicide, including information kits, pamphlets, literature searches, and a clipping service.

### Hospice Caring, Inc.

301-869-HOPE (-4673)

[www.hospicecaring.org](http://www.hospicecaring.org)

Hospice Caring, Inc. provides practical and emotional support to terminally ill adults and children and their families, and to anyone grieving the death of a loved one. All services are provided at no charge. Bereavement volunteers also check in with the family and provide information about support groups, counselors, and community resources. For children, Hospice Caring volunteers facilitate one-of-a-kind Good Grief Clubs in the county's schools for children of all ages, as well as an annual Camp Caring weekend for children ages 8 to 12 years.

### Indian Health Service (IHS)

[www.ihs.gov/NonMedicalPrograms/nspn](http://www.ihs.gov/NonMedicalPrograms/nspn)

IHS' Community Suicide Prevention website provides American Indian and Alaska Native communities with culturally appropriate information about best and promising practices, training opportunities, ongoing activities, potential partnerships, and other information regarding suicide prevention and intervention. This information can help communities and schools create or adapt suicide prevention programs that are tailored to their needs.

### International Association for Suicide Prevention

33-562-29-1947

[www.iasp.info/postvention.php](http://www.iasp.info/postvention.php)

The International Association for Suicide Prevention is an international organization with a postvention task force and newsletter. Website lists organizations and support groups for survivors of suicide loss around the world.

### Maryland Psychological Association

410-992-4258

[www.marylandpsychology.org](http://www.marylandpsychology.org)

The Maryland Psychological Association provides information and resources for locating a mental health provider.

### Maryland State Department of Education Youth Suicide Prevention School Program

[www.marylandpublicschools.org/msde/divisions/studentschoolsvcs/student\\_services\\_alt/suicide/index.html](http://www.marylandpublicschools.org/msde/divisions/studentschoolsvcs/student_services_alt/suicide/index.html)

Resources include PowerPoint presentations and links to suicide prevention programs.

### Mental Health Association of Montgomery County

301-424-0656

1000 Twinbrook Parkway, Rockville, MD 20851

[www.mhamc.org](http://www.mhamc.org)

The Mental Health Association of Montgomery County provides mental health referrals and information. The Mental Health Association also is available to provide information to community groups and Parent Teacher Associations.

### Montgomery County Mental Health Access Team

240-777-1770

The Montgomery County Mental Health Access Team is available to provide assistance in obtaining appropriate outpatient mental health services for persons eligible for the Public Mental Health System, Maryland Health Partners.

### National Action Alliance for Suicide Prevention

[actionallianceforsuicideprevention.org](http://actionallianceforsuicideprevention.org)

This public-private partnership advances the National Strategy for Suicide Prevention (NSSP) in pursuit of their vision of a nation free from suicide. The Alliance champions suicide prevention as a national priority, catalyzing efforts to implement high priority objectives of the NSSP, and cultivating the resources needed to sustain progress.

### National Association of School Psychologists (NASP)

[www.nasponline.org/index.aspx](http://www.nasponline.org/index.aspx)

In addition to serving as the accrediting body for school psychologists and graduate education school psychology programs, NASP offers continuing education and has an extensive library of resources for school psychologists. A resource page for educators and school administrators includes helpful publications and links to organizations and products to promote mental wellness in students. NASP also has a National Emergency Assistance Team that provides consultation to schools and, in some cases, makes site visits.

### National Institute of Mental Health (NIMH)

[www.nimh.nih.gov](http://www.nimh.nih.gov)

The NIMH website has a section on suicide prevention that includes information and resources useful for a variety of audiences, including researchers, healthcare professionals, and consumers (see [www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml](http://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml)). NIMH also conducts

research on youth suicide and youth suicide prevention. Updates on the research can be found through “News from the Field: Research Findings of NIMH-funded Investigators” at: [search.eurekalert.org/e3/query.html?qt=youth+suicide+prevention&charset=iso-8859-1&qc=ev3rel&rf=1&col=ev3rel](http://search.eurekalert.org/e3/query.html?qt=youth+suicide+prevention&charset=iso-8859-1&qc=ev3rel&rf=1&col=ev3rel)

### National Strategy for Suicide Prevention (NSSP)

[www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention](http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention)

NSSP emphasizes the role all Americans can play in protecting their friends, family members, and colleagues from suicide. It provides guidance for schools, businesses, health systems, clinicians, and others based on nearly a decade of research and advancements in the field.

### Suicide Awareness Voices of Education

952-946-7998

[www.save.org](http://www.save.org)

Suicide Awareness Voices of Education is a grassroots nonprofit organization that provides education about depression and resources on suicide and depression, including a newsletter, and survivor conference.

### Centre for Suicide Prevention

403-245-3900

[www.suicideinfo.ca](http://www.suicideinfo.ca)

The Suicide Information and Education Centre is a computer-assisted resource library with extensive collection of materials on suicide, including information kits, pamphlets, and literature searches.

### Suicide Prevention Resource Center (SPRC)

877-GET-SPRC (877-438-7772)

[www.sprc.org](http://www.sprc.org)

SPRC is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and serves primarily State-level agencies and coalitions, as well as State, tribal, and campus grantees, working on suicide prevention. It provides technical assistance, training, and a variety of resource materials and features an extensive online library of information on suicide prevention and surviving suicide loss, a nationwide calendar of events, and customized web pages for survivors, teachers, teens, clergy, and others. Among the useful resources are State Pages, which can alert schools to current State-sponsored plans, programs, and legislation; the American Indian/Alaska Native Suicide Prevention pages; the Weekly Spark, a current awareness newsletter that summarizes significant research findings and local, state, national, and international news concerning suicide; and the SPRC Online Library, which includes collections of resources focused on youth ([www.sprc.org/search/library/Youth?filters=type%3Alibrary\\_resource%20tid%3A256](http://www.sprc.org/search/library/Youth?filters=type%3Alibrary_resource%20tid%3A256)) and schools ([www.sprc.org/search/library/school?filters=type%3Alibrary\\_resource%20tid%3A35](http://www.sprc.org/search/library/school?filters=type%3Alibrary_resource%20tid%3A35)). Customized information pages outline the roles of specific populations in preventing suicide and include teens, teachers, and school health providers. In partnership with the American Foundation for Suicide Prevention, SPRC also co-produces the Best Practices Registry for Suicide Prevention.

### The Trevor Project

866-488-7386

[www.thetrevorproject.org](http://www.thetrevorproject.org)

The Trevor Project is a national organization focused on crisis and suicide prevention efforts among lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth. It provides a nationwide 24-hour, toll-free, crisis intervention telephone lifeline, an online social networking community for LGBTQ youth ages 13 through 24 and their friends and allies, age-appropriate educational programs for schools, a resource kit ([www.thetrevorproject.org/resourcekit](http://www.thetrevorproject.org/resourcekit)) and advocacy initiatives at the local, State and Federal levels. It also is a partner in the “It Gets Better Project,” which is a place where LGBT adults can share videos they make to help LGBT youth see how “happiness can be a reality in their future” ([www.itgetsbetterproject.com](http://www.itgetsbetterproject.com)). All of the Trevor Project’s programs aim to provide a safe, supportive, and positive environment for everyone.

### U.S. Centers for Disease Control and Prevention (CDC)

[www.cdc.gov/ViolencePrevention/suicide/index.html](http://www.cdc.gov/ViolencePrevention/suicide/index.html) for suicide prevention

[www.cdc.gov/violenceprevention/pub/youth\\_suicide.html](http://www.cdc.gov/violenceprevention/pub/youth_suicide.html) for youth suicide prevention

The CDC website contains an assortment of resources and tools relating to coordinated school health, school connectedness, and health and academics located at: [www.cdc.gov/healthyyouth/schoolhealth/index.htm](http://www.cdc.gov/healthyyouth/schoolhealth/index.htm). It also has a section on suicide prevention that includes information sheets, resources, and links to a number of statistical databases. Among the CDC databases are WISQARS (Web-based Injury Statistics Query and Reporting System), YRBSS (Youth Risk Behavior Surveillance System), National Violent Death Reporting System, and National Vital Statistics System. There is also a special section on the Web site focused on youth suicide prevention information and resources. The two CDC divisions that address youth suicide prevention are the Division of Adolescent and School Health and the Division of Violence Prevention.

### U.S. Department of Education (ED)

[www.ed.gov](http://www.ed.gov)

The U.S. Department of Education (ED) serves as the grant-making agency for federal education funding. Project SERV (School Emergency Response to Violence) grants have been awarded to some school districts to restore the learning environment after student suicides. ED also collects and interprets data through its National Center for Education Statistics. Data products that include suicide are the annual Indicators of School Crime and Safety and the School-Associated Violent Deaths Surveillance Study (SAVD), an epidemiological study developed by the CDC in conjunction with ED and the U.S. Department of Justice. ED sponsors the Education Resources Information Center (ERIC) database which is a comprehensive collection of education literature that contains thousands of references to materials related to suicide and suicide prevention.

### U.S. Substance Abuse and Mental Health Services Administration (SAMHSA)

[www.samhsa.gov](http://www.samhsa.gov)

SAMHSA funds and supports the National Lifeline and SPRC, and manages the Garrett Lee Smith grant program which funds State, territorial, and tribal programs to prevent suicide among youth. It has developed the National Registry of Evidence-based Programs and Practices (NREPP), which reviews evidence of effectiveness for prevention programs on topics related to

behavioral health, including suicide. There are at least six programs registered that are delivered in the school environment to prevent suicide. SAMHSA also sponsors several prevention campaigns. “The What a Difference a Friend Makes” campaign is geared toward young people and focuses on recovery from mental illness and reducing stigma. It emphasizes the role of friends in providing support and acceptance, a cornerstone of gatekeeper training. Another campaign called, “We Can Help Us,” was developed with input from teens, stresses that teens can become empowered to develop positive solutions and ways to get through tough times.

#### U.S. Surgeon General

[www.surgeongeneral.gov](http://www.surgeongeneral.gov)

*The 2012 National Strategy for Suicide Prevention: A Report* is a joint collaboration between the U.S. Surgeon General and the National Alliance for Suicide Prevention. The report outlines a national strategy to guide suicide prevention actions and includes up-to-date research on suicide prevention: [www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/full\\_report-rev.pdf](http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/full_report-rev.pdf).

## School Prevention Resources

#### American Association of Suicidology

“Guidelines for School-Based Suicide Prevention Programs”

[www.sprc.org/sites/sprc.org/files/library/aasguide\\_school.pdf](http://www.sprc.org/sites/sprc.org/files/library/aasguide_school.pdf)

#### American Foundation for Suicide Prevention and Suicide Prevention Resource Center

“After a Suicide: A Toolkit for Schools”

[www.afsp.org/schools](http://www.afsp.org/schools)

#### Family Acceptance Project

“Supportive Families, Healthy Children: Helping Families with Lesbian, Gay, Bisexual & Transgender (LGBT) Children”

[familyproject.sfsu.edu/publications](http://familyproject.sfsu.edu/publications)

#### Maine Youth Suicide Prevention Program

“Youth Suicide Prevention, Intervention, and Postvention Guidelines: A Resource for School Personnel”

[www.maine.gov/suicide/docs/Guideline.pdf](http://www.maine.gov/suicide/docs/Guideline.pdf)

#### National Center for School Crisis and Bereavement

[www.stchristophershospital.com/pediatric-specialties-programs/specialties/690](http://www.stchristophershospital.com/pediatric-specialties-programs/specialties/690)

#### Screening for Mental Health, Inc.

“Signs of Suicide Prevention Program (SOS)”

[www.mentalhealthscreening.org/programs/youth-prevention-programs/sos/](http://www.mentalhealthscreening.org/programs/youth-prevention-programs/sos/)

#### U.S. Substance Abuse and Mental Health Services Administration (SAMHSA)

“Preventing Suicide: A Toolkit for High Schools” – U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration Center for Mental Health Services  
[store.samhsa.gov/product/PreventingSuicide-A-Toolkit-for-High-Schools/SMA12-4669](http://store.samhsa.gov/product/PreventingSuicide-A-Toolkit-for-High-Schools/SMA12-4669).

## Resources for Child and Teen Survivors of Suicide Loss

The Dougy Center (The National Center for Grieving Children and Families)  
503-775-5683

The Dougy Center publishes extensive resources for children and teens grieving the death of a parent, sibling, or friend, including, *After Suicide: A Workbook for Grieving Kids*.

National Alliance for Grieving Children

[www.nationalallianceforgrievingchildren.org](http://www.nationalallianceforgrievingchildren.org)

The National Alliance for Grieving Children maintains a national database of children's bereavement support programs. It also promotes national awareness to enhance public sensitivity to the issues of grief and suicide.

## Bereavement and Survivor Resources

The Compassionate Friends

630-990-0010

[www.compassionatefriends.org](http://www.compassionatefriends.org)

Compassionate Friends provides support to all parents, siblings and grandparents who have experienced the death of a child, brother, sister, or grandchild. It sponsors newsletters and in-person and online support groups throughout the country, as well as an annual national conference for bereaved families.

Tragedy Assistance Program for Survivors (TAPS)

202-588-TAPS (-8277)

Tragedy Assistance Programs for Survivors provides information and resources for anyone grieving the loss of a loved one in military service, including those who died by suicide. Programs and resources are available regardless of relationship, circumstance, or geographic location of the casualty, and include peer based emotional support, casework assistance, crisis intervention, and grief and trauma.

## Online Resources and Support Groups

For the most recent information about online resources, visit [www.afsp.org](http://www.afsp.org).

Alliance of Hope

[www.allianceofhope.org](http://www.allianceofhope.org)

Live Through This  
[livethroughthis.org/](http://livethroughthis.org/)Online support group

Parents of Suicide  
Friends and Families of Suicides  
[www.pos-ffos.com](http://www.pos-ffos.com)

Sibling Survivors of Suicide Loss  
[www.siblingsurvivors.com](http://www.siblingsurvivors.com)

Spouses of Suicides  
E-mail [Spousesofsuicides-subscribe@yahoogroups.com](mailto:Spousesofsuicides-subscribe@yahoogroups.com) to join this online support group.

Suicide Grief Support Forum  
[www.suicidegrief.com](http://www.suicidegrief.com)

Survivors Road2Healing  
[www.road2healing.com](http://www.road2healing.com)

Survivors of Suicide  
[www.survivorsofsuicide.com](http://www.survivorsofsuicide.com)