**SUICIDE RESOURCES**

**Articles:**

Good article from Dr. Mercola’s website -

<https://articles.mercola.com/sites/articles/archive/2018/06/21/suicide-warning-signs.aspx?utm_source=dnl&utm_medium=email&utm_content=art1&utm_campaign=20180621Z1_UCM&et_cid=DM215540&et_rid=343436783>

**Videos:**

Great short video from Mayo clinic directed at parents but could be anybody:

<https://www.youtube.com/watch?v=3BByqa7bhto>

TEDtalk – The Bridge Between Suicide and Life:

<https://www.youtube.com/watch?v=7CIq4mtiamY>

Kevin Breel: Confessions of a Depressed Comic:

<https://www.youtube.com/watch?v=-Qe8cR4Jl10>

Nick Vujicic on overcoming hopelessness (talks openly about sex, not appropriate for intermediate):
<https://www.youtube.com/watch?v=6P2nPI6CTlc>

Inspiring video from 17 yo Sam Burns – good for perspective:

<https://www.youtube.com/watch?v=36m1o-tM05g>

not my kid video

**Films:**

Interesting website using art to make a difference. Includes short films on mental health. Great resource!

<https://www.artwithimpact.org/resources/illness/suicide/>

**Notable Suicide Prevention Resources:**

* [www.benspeaks.org](http://www.benspeaks.org) - young man’s story who committed suicide in 2009, who had OCD and was bullied and ostracized
* <http://jasonfoundation.com/> - Jason foundation for suicide prevention – great resources, needs to be on every list
* <http://www.jordanharrisfoundation.org/> - Jordan Elizabeth Harris foundation, local foundation from with great resources and needs to be on every list. Jordan lived in NRH

**Parents:**

Parents can help protect their children from suicide risk by:

 • Maintaining a supportive and involved relationship with their sons and daughters • Understanding the warning signs and risk factors for suicide • Knowing where to turn for help

From suicide awareness kit, SAMSHA

**Assessments**:

Beck Scale for Suicide Ideation

(Pearson, <http://www.pearsonassessments.com/HAIWEB/Cultures/en-us/Productdetail.htm?Pid=015-8018443&Mode=summary>)

 • Suicide Ideation Questionnaire (PAR, <http://www4.parinc.com/Products/Product.aspx?ProductID=SIQ>)

 • Suicide Ideation Questionnaire–JR (SIQ–JR) (PAR, <http://www4.parinc.com/Products/Product.aspx?ProductID=SIQ>)

• Suicide Probability Scale (Western Psychological Services, <http://portal.wpspublish.com/portal/page?_pageid=53,69317&_dad=portal&_schema=PORTAL>)

• Inventory of Suicide Orientation—30 (Pearson, http://psychcorp.pearsonassessments.com/haiweb/cultures/en-us/productdetail. htm?pid=PAg126&Community=CA\_Psych\_AI\_Behavior)

**Hotlines:**

United Way Crisis Help line 1-800-233-HELP
1-800-233-4357

Teen Help Adolescent Resources 800-637-0701 (M-F, 9-5 MST)

Teen Contact, Dallas -

<http://contactcrisisline.org/about/>

<http://.org/teencontact/>

Adult Help Line: 972.233.2233

Teen Help Line: 972.233.8336

Espanyol Help Line: 972.233.2428

Suicide and Crisis Center of North Texas

<http://www.sccenter.org/index.html>

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| **CONTACT Crisis Line** Dallas, TX **(972) 233-2233** or**(972) 233-8336** Office: (972) 233-0866 **http://contactcrisisline.org/**  |  |  |

**ADAPT Community Solutions, Inc.**

Dallas, TX

Office: (888) 956-2226 x3412

**1-800-DONTCUT**

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| **Suicide and Crisis Center of North Texas**, Dallas **(214) 828-1000** Office: (214) 824-7020 **www.sccenter.org** FREE MENTAL HEALTH SCREENING MHMR of Tarrant County817-335-3022817-569-4522Mental Health America of Greater Tarrant County<http://www.mhatc.org/>817-546-7826 |  |   |

Crisis Text Line: Text 741-741 from anywhere in the USA, anytime, about any type of crisis.
<http://www.crisistextline.org/>

Lifeline Crisis Chat: Chat online with a specialist who can provide emotional support, crisis intervention, and suicide prevention services <http://www.crisischat.org/>

**Websites**:

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| * Project Semi-colon, <https://projectsemicolon.com/>
* American Foundation for Suicide Prevention <https://afsp.org/about-suicide/suicide-statistics/>
* Suicide Prevention, Suicide.org, <http://www.suicide.org/index.html>
* AmericanAssociation of Suicidology: <http://www.suicidology.org/>
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* <http://tarrantcares.org/tarrant.cfm>
* National Center for the Prevention of Youth Suicide
* <http://www.suicidology.org/ncpys>
* Suicide Prevention Resource Center
* <http://www.sprc.org/states/texas>
* [Good Grief](http://r20.rs6.net/tn.jsp?f=001O_n0hiLNsSL2kDBZ9cyr3ZDC_Ulge1Yygxr6xsCD2HupFDZLHyued3tb4DTdSntkEmy0cwTIElqRHhlmWdjuvgDO0TQCnzFL1S4FfQO-NaoLaOi7dfM15sMLmKRGXzFYAMZYq2VNr2Eowq0UVbhk3Vpf2bXkn5B6ZqyITuFLveE=&c=PScQod7nt8bUDPxsR2aWwNaPTnZTtoo2x3g2ZeF1TAPnfZcnp4Otyg==&ch=o-f2hxjgETw3pCntCI-wQcN_xXbeTOs57jNr90m0NegM4SR4g9zQaA==) Good Grief- free, year round peer grief support for children 3-18 and parent/caregiver after the loss of a parent or sibling, located in NJ
* [Common Ground Grief Center](http://r20.rs6.net/tn.jsp?f=001O_n0hiLNsSL2kDBZ9cyr3ZDC_Ulge1Yygxr6xsCD2HupFDZLHyued-xXtJZC75o4Ce41Ol6gDiiyMI-97EwCRzSL4a2GnhutzMJnuMEtmoeLSKT4yuGFaJBJilkfb7raxLjYahpjybYJCTFzmYabanFziNuQulA10k4KgMqK7K1Njwu7TFE-f8bVIijChJS4&c=PScQod7nt8bUDPxsR2aWwNaPTnZTtoo2x3g2ZeF1TAPnfZcnp4Otyg==&ch=o-f2hxjgETw3pCntCI-wQcN_xXbeTOs57jNr90m0NegM4SR4g9zQaA==) -Free, year round grief support for children 6-18 who have lost a loved one and support for their surviving parent/caregiver, located in Manasquan, NJ
* [The Alcove](http://r20.rs6.net/tn.jsp?f=001O_n0hiLNsSL2kDBZ9cyr3ZDC_Ulge1Yygxr6xsCD2HupFDZLHyuedxngCQv8frRPRsZ5-uRyLVRr6c5Ps_TZDRnJoKOKforhMJYAxR8hYTXMrl2vx58wDdLBs1yMUSrlJbekX9xMEJYQIVG-3JYTCvqiUvKo02nT0Sb-jt4T8yQ=&c=PScQod7nt8bUDPxsR2aWwNaPTnZTtoo2x3g2ZeF1TAPnfZcnp4Otyg==&ch=o-f2hxjgETw3pCntCI-wQcN_xXbeTOs57jNr90m0NegM4SR4g9zQaA==) (free, year round grief support for children 3-18 and their parents who have lost a loved one. Located in Northfield, NJ. The Alcove has a list on their site of other centers throughout the U.S.)
* Imagine : [www.imaginenj.org](http://r20.rs6.net/tn.jsp?f=001O_n0hiLNsSL2kDBZ9cyr3ZDC_Ulge1Yygxr6xsCD2HupFDZLHyued3H0wyzudol3ICQ4gMpD_PfMAOh2BAFN_h2QO2LQ3DEuqsfxw80tsCob18rQoeT6aB66jvgUcUH6gx20-s-oU0D4n7mfPqtbtE1SHvFJM782DLzRtN2dfsQ=&c=PScQod7nt8bUDPxsR2aWwNaPTnZTtoo2x3g2ZeF1TAPnfZcnp4Otyg==&ch=o-f2hxjgETw3pCntCI-wQcN_xXbeTOs57jNr90m0NegM4SR4g9zQaA==)
* (free, year round grief support for children 3-18 and their parents/caregiver located in Westfield, NJ. Call 908-264-3100)
* [www.rainbows.org](http://r20.rs6.net/tn.jsp?f=001O_n0hiLNsSL2kDBZ9cyr3ZDC_Ulge1Yygxr6xsCD2HupFDZLHyued57vNJzEzLzZWIWQL6Y1m1ZW86tNb7BJpC-l1bpTP4C6Z1rP0ND9bAM4EO0qNdlhJvoU7DSNd7JZFGbXe7oadAgS0hc5NdgUSnB9m3i0vb9kADmx4kp0Sow=&c=PScQod7nt8bUDPxsR2aWwNaPTnZTtoo2x3g2ZeF1TAPnfZcnp4Otyg==&ch=o-f2hxjgETw3pCntCI-wQcN_xXbeTOs57jNr90m0NegM4SR4g9zQaA==) (Rainbows: free time limited support groups for children ages 4-14 coping with a death, divorce or abandonment situation).
* [www.comfortzonecamp.org](http://r20.rs6.net/tn.jsp?f=001O_n0hiLNsSL2kDBZ9cyr3ZDC_Ulge1Yygxr6xsCD2HupFDZLHyued57vNJzEzLzZ62ireuKq3KIXx0jfMH0LAS5EIpH9XPRKBGsFLG_LanIMCub__lD29PWFYFQp0nyzOWTNbgbRt2p-TqIau7cdyX6KTPcLegQ9M4Edo-mWdDRevMS3MutfBQ==&c=PScQod7nt8bUDPxsR2aWwNaPTnZTtoo2x3g2ZeF1TAPnfZcnp4Otyg==&ch=o-f2hxjgETw3pCntCI-wQcN_xXbeTOs57jNr90m0NegM4SR4g9zQaA==) (Comfort Zone Camp: free weekend bereavement camps in NJ for children 7-17 who have lost a parent or sibling).
* www.2ndFloor.org (2nd Floor: website and blog about teen issues, and 24 hour helpline 888-222-2228 for kids 10-24, and text support from 4-8PM)
* [www.afsp.org](http://www.afsp.org ) (American Foundation for Suicide Prevention) online training for teachers, parent and teen information and articles
* www.sptsusa.org (The Society for the Prevention of Teen Suicide of NJ)  Great site with online training for educators, video for parents- Not My Kid and a lot of great information for parents and teens.
* [www.selfhelpgroups.org](http://www.selfhelpgroups.org)(NJ Self Help Clearinghouse: a complete list of NJ Free Support Groups for anyone in NJ concerning a variety of different illnesses, losses and other issues.)
* www.contactwecare.org (Contact We Care) 24/7 crisis hotline: 1-908-232-2280
Extensive volunteer training to work the hot line. Also conducts a great two day training on Suicide Prevention called: ASIST: Applied Suicide Intervention Skills. To find out about volunteering or for the training call: 1-908-301-1899

**Other Resources:**

* [Centers for Disease Control (CDC) Suicide Resources](http://www.cdc.gov/ncipc/factsheets/suifacts.htm)
* [National Depressive and Manic-Depressive Association](http://www.dbsalliance.org/)
* [National Mental Health Association](http://www.nmha.org/)
* [National Suicide Prevention Lifeline](http://www.suicidepreventionlifeline.org/)
* [NIMH Suicide Research Consortium](http://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml)
* [SA/VE (Suicide Awareness/Voices of Education)](http://www.save.org/)
* [Suicide Prevention Advocacy Network (SPAN)](http://www.spanusa.org/)
* [Surgeon General's Call to Action to Prevent Suicide 1999](http://www.surgeongeneral.gov/library/calltoaction/calltoaction.htm)
* [Texas Suicide Prevention](http://www.texassuicideprevention.org/)
* [**National Alliance on Mental Illness**](http://www.nami.org/)
* [**American Foundation for Suicide Prevention**](http://www.afsp.org/)
* [National Suicide Prevention Lifeline](http://www.suicidepreventionlifeline.org/) at 800-273-8255 to talk to a counselor.
* [**Treatment Advocacy Center**](http://www.treatmentadvocacycenter.org/)
* [**Treatment Before Tragedy**](http://www.treatmentbeforetragedy.org/)
* [**Balanced Mind Parent Network**](http://www.thebalancedmind.org/) o
* [National Strategy for Suicide Prevention (NSSP)](http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/full_report-rev.pdf)
* [National Action Alliance for Suicide Prevention](http://www.actionallianceforsuicideprevention.org)
* American Association of Suicidology
* [*ReachOut.com*](http://us.reachout.com/)
* <http://www.recognizetrauma.org/>
* [CDC Injury Prevention & Control: Youth Suicide](http://www.cdc.gov/violenceprevention/pub/youth_suicide.html)
* [Means Matter](http://www.hsph.harvard.edu/means-matter/)
* [ReachOut](http://us.reachout.com/)
* [Society for the Prevention of Teen Suicide](http://www.sptsusa.org/)
* [Suicide Prevention Resource Center: Online Library](http://www.sprc.org/library_resources/listing?catid=17)
* [Preventing Suicide: A Tool-Kit for High Schools](http://store.samhsa.gov/product/Preventing-Suicide-A-Toolkit-for-High-Schools/SMA12-4669)
* [Safe and Effective Messaging for Suicide Prevention](http://www.sprc.org/sites/sprc.org/files/library/SafeMessagingrevised.pdf)
* [The Role of High School Mental Health Providers in Preventing Suicide](http://www.sprc.org/sites/sprc.org/files/SchoolMentalHealth.pdf)
* [The Role of High School Teachers in Preventing Suicide](http://www.sprc.org/sites/sprc.org/files/Teachers.pdf)
* [Suicide Prevention Resources for Parents/Guardians/Families](http://www.sprc.org/sites/sprc.org/files/Families.pdf)
* [Suicide Prevention Resources for Teens](http://www.sprc.org/sites/sprc.org/files/Teens.pdf)
* [American Association of Suicidology (www.suicidology.org)](http://www.suicidology.org/)
* [American Foundation for Suicide Prevention (AFSP)](http://www.afsp.org/)
* <http://www.education.com/reference/article/suicide-risk-children/>
* <http://www.namitarrant.org/>

Panic Disorder Information Line 1-800-64-PANIC, 1-800-647-2642
National Foundation for Depressive Illness 800-248-4344
Depression Awareness, Recognition and Treatment Help line 800-421-4211
National Alliance for the Mentally Ill 800/950-NAMI
Family Mental Health Center 800-833-3915
Depression and Related Affective Disorders Association 410-955-4647
The National Mental Health
Association Information Center 1-800-969-NMHA
1-800-969-6642
Organization for Depression Awareness, Inc. 1-800-799-0208
National Adolescent Suicide Hotline
(Answered by the runaway switchboard) 1-800-621-4000

Depression Awareness, Recognition and Treatment (D/ART) 800-421-4211