

## SUICIDE PREVENTION RESOURCES

### CRISIS RESOURCES

| RESOURCE   | WHAT IS IT?  | WEBSITE   | WHO WOULD IT BENEFIT?                          |
|--|--|---|--|
| American Association of Suicidology                    | List of crisis centers by state  | <a href="http://www.suicidology.org/Resources/Crisis-Centers">http://www.suicidology.org/Resources/Crisis-Centers</a>   | Anyone contemplating suicide needing resources |
| ⌘ Veterans Crisis Line/<br>Suicide Prevention Lifeline | Crisis line available to civilians and veterans to call or text when in a crisis | <a href="https://www.veteranscrisisline.net">https://www.veteranscrisisline.net</a><br><br><b>1-800-273-TALK (8255) Press 1</b><br><br><b>or text to 838255</b> | Anyone contemplating suicide and in a crisis   |

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| American Foundation for Suicide Prevention             | Website providing resources for people who have made an attempt of suicide | <a href="https://afsp.org/find-support/ive-made-attempt/">https://afsp.org/find-support/ive-made-attempt/</a>   | Individuals who have made an attempt at suicide  |
|  | Website providing resources for people who are at risk for suicide         | <a href="https://afsp.org/find-support/when-someone-is-at-risk/">https://afsp.org/find-support/when-someone-is-at-risk/</a>   | Individuals who are at risk for suicide  |
|  | Support group finder in Pennsylvania                                       | <a href="https://afsp.org/find-support/ive-lost-someone/find-a-support-group/?gmw_address%5B0%5D&amp;gmw_post=support_group&amp;gmw_form=2&amp;gmw_per_page=50&amp;gmw_lat&amp;gmw_lng&amp;gmw_px=pt&amp;action=gmw_post&amp;gmw_distance=60&amp;gmw_units=imperial&amp;gmw_state=Pennsylvania&amp;gmw_country">https://afsp.org/find-support/ive-lost-someone/find-a-support-group/?gmw_address%5B0%5D&amp;gmw_post=support_group&amp;gmw_form=2&amp;gmw_per_page=50&amp;gmw_lat&amp;gmw_lng&amp;gmw_px=pt&amp;action=gmw_post&amp;gmw_distance=60&amp;gmw_units=imperial&amp;gmw_state=Pennsylvania&amp;gmw_country</a> | Anyone looking for support groups  |
| ⌘ Be There Peer Support Call and Outreach Center (DoD) | Peer Support line for veterans   | <a href="https://www.betherepeersupport.org/">https://www.betherepeersupport.org/</a>   | Individuals in the military - not needing urgent assistance - looking to speak with a Peer Counselor |

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| Help Pro                      | Suicide Prevention Therapist Finder   | <a href="https://www.helppro.com/SPTF/BasicSearch.aspx">https://www.helppro.com/SPTF/BasicSearch.aspx</a>                                   | Anyone looking to find a therapist specializing in suicide prevention                                  |
| ⌘<br><br>NAMI Homefront       | <p>NAMI Homefront is a free, six-session educational program for families, caregivers and friends of military service members and veterans with mental health conditions.</p> <p>Based on the nationally recognized <a href="#">NAMI Family-to-Family</a> program, NAMI Homefront is designed to address the unique needs of family, caregivers and friends of those who have served or are currently serving our country. The program is taught by trained family members of service members/veterans living with mental health conditions.</p> <p>This class is offered in person and online.</p> | <a href="https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Homefront">https://www.nami.org/Find-Support/NAMI-Programs/NAMI-Homefront</a> | Families, caregivers, and friends of military service members and veterans who are looking for support |
| Prevent Suicide PA            | Taskforces and other resources broken out by county   | <a href="https://www.preventsuicidepa.org/task-force-county-init/">https://www.preventsuicidepa.org/task-force-county-init/</a>             | Anyone contemplating suicide who needs resources   |
| ⌘<br><br>Stop Soldier Suicide | Provides support and resources to all past/present military/families. When individual reaches out to Stop Soldier Suicide, a case manager contacts him/her within one business day to conduct a one-on-one assessment to determine specific needs and find resources to meet those needs. The individual also receives 24 months of support and follow-up care, including regular check-ins.  | <a href="https://stopsoldiersuicide.org/">https://stopsoldiersuicide.org/</a>   | Past and present military – who are not in crisis - looking for support                                |



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| <p>Substance Abuse and Mental Health Services Administration (SAMHSA)</p> | <p>Resource card for mental health professionals on how to evaluate risk of suicide in a patient</p> <p><i>Toolkit for High Schools.</i> This resource can help schools identify how to implement suicide prevention strategies and how to promote positive behavioral health among high school students.</p> <p><i>Suicide Safe: The Suicide Prevention App for Health Care Providers.</i> This app is free from SAMHSA and can help providers locate treatment centers</p> | <p><a href="https://www.integration.samhsa.gov/images/res/SAFE_T.pdf">https://www.integration.samhsa.gov/images/res/SAFE_T.pdf</a></p> <p><a href="https://store.samhsa.gov/shin/content/SMA12-4669/SMA12-4669.pdf">https://store.samhsa.gov/shin/content/SMA12-4669/SMA12-4669.pdf</a></p> <p><a href="https://store.samhsa.gov/apps/suicidesafe/?WT.mc_id=EB_20150422_SuicideSafe">https://store.samhsa.gov/apps/suicidesafe/?WT.mc_id=EB_20150422_SuicideSafe</a></p> | <p>For use by mental health professionals</p> <p>High school administrators as well as parents wanting to improve their high schools prevention strategies</p> <p>Providers to use when they are looking to learn more about suicide prevention and how to help a patient</p> |
| <p>Suicide Prevention Resource Center (SPRC)</p>                          | <p>List of suicide prevention resources (mainly websites) for parents/families/ caregivers</p> <p>Save and effective messaging tips for suicide prevention</p>   | <p><a href="http://www.sprc.org/sites/default/files/resource-program/Families.pdf">http://www.sprc.org/sites/default/files/resource-program/Families.pdf</a></p> <p><a href="http://www.sprc.org/sites/default/files/migrate/library/SafeMessagingrevised.pdf">http://www.sprc.org/sites/default/files/migrate/library/SafeMessagingrevised.pdf</a></p>  | <p>Parents/Caregivers/Families looking for resources about suicide prevention</p> <p>Administrators wanting to message about suicide prevention</p>   |
| <p>⌘ Suicide Risk Management (SRM) Consultation Program (US-DVA)</p>      | <p>SRM is available to providers working with Veterans who are risk for suicide. SRM aims “to enhance knowledge, confidence, and provide emotional support with the aim of optimizing care for all suicidal Veterans.”</p>   | <p><a href="https://www.mirecc.va.gov/visn19/consult/">https://www.mirecc.va.gov/visn19/consult/</a></p>   | <p>For providers who are seeking additional support while serving high-risk Veterans</p>  |

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| ⌘<br>Veterans Crisis Line           | Suicide Prevention Coordinators by state  | <a href="https://www.veteranscrisisline.net/GetHelp/ResourceLocator.aspx">https://www.veteranscrisisline.net/GetHelp/ResourceLocator.aspx</a>   | Veterans looking for a Suicide Prevention Coordinator in PA and across the US   |
| ⌘<br>Vets4Warriors                  | 24/7 confidential Peer Support Network for veteran and military communities. Vets4Warriors provides immediate, free, and long-term Peer Support for veterans and family members through phone, chat, text, and email. | <a href="https://vets4warriors.com/">https://vets4warriors.com/</a>   | The entire military community looking to speak to a Peer Counselor about any mental, physical, or social challenge he/she may be having |
| Youth Suicide Warning Signs         | Website identifying the warning signs for youth suicide   | <a href="https://www.youthsuicidewarningsigns.org/">https://www.youthsuicidewarningsigns.org/</a>   | Anyone looking to identify the warning signs for youth suicide  |
| <b>SCREENING TOOLS</b>              |   |   |   |
| <b>RESOURCE</b>                     | <b>WHAT IS IT?</b>  | <b>WEBSITE</b>  | <b>WHO WOULD IT BENEFIT?</b>  |
| C-SSRS                              | Screening Questionnaire (same questionnaire as asked on the military ACE card)  | <a href="http://cssrs.columbia.edu/wp-content/uploads/Community-Card-Spouse.pdf">http://cssrs.columbia.edu/wp-content/uploads/Community-Card-Spouse.pdf</a>                             | Spouses use to help screen their significant other  |
| Mental Health America               | MHA Depression Test   | <a href="http://www.mentalhealthamerica.net/mental-health-screen/patient-health">http://www.mentalhealthamerica.net/mental-health-screen/patient-health</a>                             | Depression can be an indicator for suicide. This test screens for depression and provides resources for people who could be suffering.  |
| National Institute of Mental Health | ASK Suicide Screening Questions (ASQ)   | <a href="https://www.nimh.nih.gov/news/science-news/ask-suicide-screening-questions-asq.shtml">https://www.nimh.nih.gov/news/science-news/ask-suicide-screening-questions-asq.shtml</a> | Providers to use for screening for suicide  |
| PHQ-9                               | Screening Questionnaire to identify at-risk patients for suicide  | <a href="http://www.phqscreeners.com/sites/g/files/g10016261/f/201412/PHQ-9_English.pdf">http://www.phqscreeners.com/sites/g/files/g10016261/f/201412/PHQ-9_English.pdf</a>             | Providers to use for screening for suicide  |
| SAMHSA                              | Screening tool used to identify risk factors for suicide in children and adolescents between ages 13 and 18   | <a href="https://www.integration.samhsa.gov/images/res/SBQ.pdf">https://www.integration.samhsa.gov/images/res/SBQ.pdf</a>   | Providers or concerned family members to screen teens   |

| <b>SCREENING TOOLS</b>                                  |   |   |   |
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| Suicide Prevention Resource Center (SPRC)/ Zero Suicide | Toolkit explaining various screening options for providers wanting to screen for suicide and/or depression in their patients. This toolkit also provides readings on why suicide prevention is important and when screening should take place.  | <a href="http://zerosuicide.sprc.org/toolkit/identify">http://zerosuicide.sprc.org/toolkit/identify</a>   | Providers who have more questions about screening patients for suicide risk.  |
| ⌘ Veterans' Crisis Line                                 | Veterans' Self Check Quiz   | <a href="https://www.vetselfcheck.org/welcome.cfm">https://www.vetselfcheck.org/welcome.cfm</a>   | Veterans who want to screen to see if stress and/or depression might be affecting them                                |
| <b>CLINICAL TREATMENTS</b>                              |   |   |   |
| <b>RESOURCE</b>   | <b>WHAT IS IT?</b>  | <b>WEBSITE</b>  | <b>WHO WOULD IT BENEFIT?</b>  |
| ⌘ Cognitive Processing Therapy (CPT)                    | CPT teaches an individual how to evaluate and change the upsetting thoughts they have had since their trauma. CPT teaches skills to learn different ways to think about trauma. CPT usually involves 12 weekly sessions lasting about 60 to 90 minutes each.                                | <a href="https://www.ptsd.va.gov/public/treatment/therapy-med/cognitive_processing_therapy.asp">https://www.ptsd.va.gov/public/treatment/therapy-med/cognitive_processing_therapy.asp</a> | Veterans who are experiencing trauma, especially PTSD   |
| ⌘ Department of Veterans Affairs/ VA.GOV                | VA/DoD Clinical Practice Guidelines to the management of PTSD and acute stress reaction. The Guideline includes 40 evidence-based recommendations. This link also provides guidelines to treating Major Depressive Disorder, which could also be a risk factor to having suicidal ideations | <a href="https://www.healthquality.va.gov/guidelines/MH/ptsd/">https://www.healthquality.va.gov/guidelines/MH/ptsd/</a>   | People looking to find evidence-based treatments to PTSD, Acute Stress Reaction, as well as Major Depressive Disorder |
| ⌘ Department of Veterans Affairs/ VA.GOV                | Safety plan manual for veterans   | <a href="https://www.mentalhealth.va.gov/docs/va_safety_planning_manual.pdf">https://www.mentalhealth.va.gov/docs/va_safety_planning_manual.pdf</a>                                       | Veterans or any person treating a Veteran to use to develop a safety plan   |

## CLINICAL TREATMENTS

| RESOURCE  | WHAT IS IT?  | WEBSITE   | WHO WOULD IT BENEFIT?   |
|---|--|---|---|
| <br>Mission 22   | A nonprofit organization that uses two treatment programs that focus on traumatic brain injury and post-traumatic stress. By targeting these two areas, mission 22 believes that it will reduce veteran suicide  | <a href="http://www.mission22.com">http://www.mission22.com</a>   | Veterans who have PTSD or traumatic brain injury.                         |
| <br>National Center for Veterans' Studies (University of Utah) | Article explaining the benefits and treatment of brief cognitive behavior therapy for suicidality in military populations.   | <a href="https://veterans.utah.edu/documents/BriefCognitiveBehavioralTherapy-BCBT-forSuicidalityinMilitaryPopulations-Rudd2012.pdf">https://veterans.utah.edu/documents/BriefCognitiveBehavioralTherapy-BCBT-forSuicidalityinMilitaryPopulations-Rudd2012.pdf</a> |   |
| National Institutes of Health   | A study examining the immediate effects of crisis response planning (CRP) on the emotional state of acutely suicidal soldiers.   | <a href="https://www.ncbi.nlm.nih.gov/m/pubmed/28967323/">https://www.ncbi.nlm.nih.gov/m/pubmed/28967323/</a>   | Veterans, therapists, or general public                                   |
| National Library of Medicine  | Article explaining the benefits and treatment model of cognitive behavior therapy for suicide prevention (CBT-SP)<br><br>Zero Suicide describes CBT-SP as “theoretically grounded in principles of cognitive behavior therapy (CBT); dialectical behavioral therapy (DBT); and targeted therapies for suicidal, depressed adolescents and adults<br><br>“CBT-SP can be used with adults and adolescents and includes:<br>Cognitive restructuring strategies, such as identifying and evaluating automatic thoughts from cognitive therapy; Emotion regulation strategies, such as action urges and choices, emotions thermometer, index cue cards, mindfulness, opposite action, and distress tolerance skills from DBT. | <a href="https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2888910/">https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2888910/</a>   | The public looking for articles about CBT for suicidal behaviors (CBT-SP) |

| <b>CLINICAL TREATMENTS</b>   |  |   |  |
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| <br>Outdoor Odyssey | A six day holistic transition-assistance event with a curriculum designed to get participants ready for life after military service. Team leaders are also veterans whom have successfully transitioned out of the military and into the civilian workplace. | <a href="https://www.outdoorodyssey.org/semper-fi-odyssey/">https://www.outdoorodyssey.org/semper-fi-odyssey/</a>   | Military personal who are transferring to civilian life                                |
| Suicide Prevention Resource Center (SPRC)  | Attachment-Based Family Therapy (ABFT). "A treatment for adolescents ages 12-18 that is designed to treat clinically diagnosed major depressive disorder, address suicidal ideation, and reduce dispositional anxiety. "                                     | <a href="http://www.sprc.org/resources-programs/attachment-based-family-therapy-abft">http://www.sprc.org/resources-programs/attachment-based-family-therapy-abft</a> | Therapists or the general public looking for more information about ABFT               |
| Suicide Prevention Resource Center (SPRC)  | Template for developing a safety plan  | <a href="http://www.sprc.org/sites/default/files/Brown_StanleySafetyPlanTemplate.pdf">http://www.sprc.org/sites/default/files/Brown_StanleySafetyPlanTemplate.pdf</a> | Therapists or individuals wishing to develop a safety plan with a high risk individual |

\*\*\* An electronic version of this resource list can be found on the PA Recovery website in the Veterans/Military Families resources section at: <http://www.dhs.pa.gov/parecovery/adultolderadult/vetmilfam/milresources/index.htm>

The Prevent Suicide PA website <https://www.preventsuicidepa.org/> has individual links to the actual websites of the groups on the resource list.