

Mental Health & Suicide Prevention Toolkit

1. **National Helplines:** Place important numbers into your Smart Phone and Outlook email directory. Share broadly with leaders and supervisors, family and friends. When you are faced with a crisis or you aren’t sure – make the call and receive lifesaving assistance. (Call 911 for emergencies)

* National Suicide Prevention Lifeline – 800-273-8255 (Press 1 for Veteran Crisis)
* Crisis Text Line – type HEAL to 741-741 \*Using the word “HEAL” is important for reporting and tracking statistics in Washington State.
* National Helpline – 800-662-4357 Free, Confidential treatment and referral and information service for individual and families facing mental and/or substance use disorders. Also available online and in the SAMSHA App SUICIDE SAFE.

1. **Educate Students, Faculty and Administrators on Mental Health and Suicide Prevention and Addiction Recovery:**

* National Suicide Prevention Lifeline Website: <https://www.suicidepreventionlifeline.org>
* American Foundation for Suicide Prevention – state-specific suicide statistics: <https://afsp.org/about-suicide/suicide-statistics/>
* National Alliance on Mental Illness – Library of fact sheets and infographics: <https://www.nami.org/Learn-More/Fact-Sheet-Library>
* Suicide Prevention Resource Center for Colleges and Universities - <http://www.sprc.org>
* National Alliance on Mental Illness <http://www.nami.org>
* SAMHSA Substance Abuse and Mental Health Services Administration <http://samhsa.gov>
* Behavioral Health Treatment Services Locator National Helpline

1. **Attend a NWCCF Suicide Prevention and Mental Health First Aid Training or**:

* Question, Persuade and Refer from the QPR Institute: <https://qprinstitute.com/individualtraining>
* LEARN® Forefront Suicide Prevention training: <https://www.intheforefront.org>
* Mental Health First Aid: <https://www.mentalhealthfirstaid.org>

1. **Employee Assistance Program (EAP):** There are many EAP programs available to employers. Check to see what services are available with human resources or health insurance company.

* If no behavioral care or crisis support services are available, contact R3 Continuum to discuss services for telephonic or in-person counseling support (866/927-0184 or <https://r3continuum.com/> )
* Comprehensive Healthcare at 509-452-9675 <https://comphc.org>

1. **Perform outreach in your Local Community to learn about Local Mental Health and Suicide Prevention Resources:** Identify local providers who provide outreach, resources, and training, including:

* Download the App, Dial 2-1-1 or visit <https://www.211.org> 211 is the most comprehensive source of local human and social services information in the U.S.
* American Foundation for Suicide Prevention -- <https://afsp.org/chapter/afsp-washington>
* County and State Health Departments – Washington State Department of Health <https://doh.wa.gov> Washington State Suicide Prevention Plan.

1. **Incorporate Mental Health and Suicide Prevention in the school safety policy or protocol and include in your company’s Wellness Program:**

* Example protocol <https://d.docs.live.net/bb9c23c7b64566ed/Desktop/SuicidePreventionProject/Resources/framework-developing-institutional-protocols-acutely-distressed-suicidal-college-student-jed-guide_NEW.pdf>
* Include your safety policy or protocol in your student and employee handbook.

1. **Class Start and New Hire Orientation Checklist**:

* Incorporate Mental Health and Suicide Prevention awareness into your enrollment process.
* Discuss your company’s Employee Assistance Program and distribute wallet cards to all new hires.

1. **School ID and Newsletter**: Add Mental Health organizations and Suicide Prevention crisis text lines logos and emergency contact numbers in your company newsletter and on student id badges.

1. **Implement a Campus and Social Media Suicide Awareness Plan:**

* Understand important facts and know the lingo. <https://suicidepreventionlifeline.org/media-resources/>
* Download Suicide Prevention Posters: <https://d.docs.live.net/bb9c23c7b64566ed/Desktop/SuicidePreventionProject/Resources/NSPL_Logo.tif>
* Visit SAMHSA online store to order Wallet cards – National Suicide Prevention Lifeline (NSPL) and National Suicide Prevention Lifeline cards (trifold) <https://search.usa.gov/search/docs?affiliate=samhsa-store&dc=1415&query=National+Suicide+Prevention+Lifeline>
* Sample Toolbox Jed Foundation: Seize the Awkward <https://d.docs.live.net/bb9c23c7b64566ed/Desktop/SuicidePreventionProject/Resources/STA_Campus_Toolkit.pdf>
* #BeThe1To - Join the movement poster <http://bethe1to.com>

1. **Drug-Free Campus Additional Resources:**

* Download National Safety Council Prescription Drug Employer Kit: <http://safety.nsc.org/rxemployerkit> - includes the guidebook The Proactive Role Employers Can Take: Opioids in the Workplace and other resources, including posters.
* SAMHSA’s National Helpline, 800-662-4357 (aka the Treatment Referral Routing Service or 800-487-4889 is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in Spanish and English, for individuals and family members facing mental and/or substance use disorders.
* You’re In Control Using Prescription Medicine Responsibly pamphlet. <https://d.docs.live.net/bb9c23c7b64566ed/Desktop/SuicidePreventionProject/Resources/UsingPrescriptionMedicineResponsibly.pdf>

1. **Safer Homes Suicide Aware and CALM Counseling on Access to Lethal Means:**

* Download resource materials from Safer Homes Coalition in Washington state to share with your employees in newsletters or separately on limiting access and safely locking-up prescription medications and firearms. <https://depts.washington.edu/saferwa/resources/>
* Reduce Access to Means of Suicide <http://training.sprc.org>

1. **Postvention Support in the Event of a Suicide Loss**:

* Postvention a Guide for Response to Campus Suicide -<http://www.sprc.org/sites/default/files/resource-program/Hemha-postvention-guide.pdf>
* American Foundation for Suicide Prevention -Resources for Loss Survivors- <https://afsp.org/find-support/ive-lost-someone/resources-loss-survivors/>
* National Action Alliance for Suicide Prevention – A manager’s Guide to Suicide Postvention- <http://actionallianceforsuicideprevention.org/sites/actionallianceforsuicideprevention.org/files/Managers-Guidebook-To-Suicide-Postvention-Web.pdf>
* After a Suicide Resource Directory. <http://www.personalgriefcoach.net/>
* I’ve Lost Someone. <https://afsp.org/find-support/ive-lost-someone/>

1. **Veterans Resources:**

* National Suicide Prevention press 1 for Veterans Crisis Line

[](https://www.veteranscrisisline.net/)

* Veterans Crisis Text: 838255
* Veterans Crisis Chat: [**https://www.veteranscrisisline.net/get-help/chat**](https://www.veteranscrisisline.net/get-help/chat)
* Visit VA U.S. Department of Veterans Affairs for mental health resources and Includes links to local resources. <https://www.mentalhealth.va.gov/index.asp>
* VA and Veterans Service Organizations have developed several resources to provide support, connect you with care, and relieve the symptoms of PTSD in your life. <https://www.va.gov/PATIENTCENTEREDCARE/resources/Mobile_Apps_and_Online_Tools.asp>
* Visit Make the Connection for additional resources for family and friends. <https://maketheconnection.net/family-friends>

1. **LGBTQ Resources:**

* Visit the National Suicide Prevention Lifeline website for a link to the following LGBTQ resources. <https://suicidepreventionlifeline.org/help-yourself/lgbtq/>
* Mental Health and the LGBTQ Community Stats- <https://suicidepreventionlifeline.org/wp-content/uploads/2017/07/LGBTQ_MentalHealth_OnePager.pdf>
* Planned Parenthood for Sexuality Information and Resources. <https://www.plannedparenthood.org/learn>
* GLAAD for a copy of the Ally’s Guide to Terminology. <http://www.glaad.org/sites/default/files/allys-guide-to-terminology_1.pdf>
* The Trevor Project <https://www.thetrevorproject.org/>
* It Get’s Better <https://itgetsbetter.org/>
* YM How to Be a Straight Ally. <https://youmatter.suicidepreventionlifeline.org/how-to-be-an-ally/?_ga=2.119087369.106509732.1560812140-1846529044.1551391851>
* Trans Lifeline and Resources. <https://www.translifeline.org/>
* Washington State Legislative LGBTQ CAUCUS <http://sdc.wastateleg.org/lgbtq>

1. **Improving Cultural Competence:**

* Download the SAMHSA Guide. This guide helps professional care providers and administrators understand the role of culture in the delivery of mental health and substance use services. It describes cultural competence and discusses racial, ethnic, and cultural considerations. <https://store.samhsa.gov/product/TIP-59-Improving-Cultural-Competence/SMA15-4849>
* Equity in Mental Health Framework. <https://d.docs.live.net/bb9c23c7b64566ed/Desktop/SuicidePreventionProject/Resources/Equity-in-Mental-Health-Framework-v17.pdf>
* Equity in Mental Health Toolkit. <https://d.docs.live.net/bb9c23c7b64566ed/Desktop/SuicidePreventionProject/Resources/EMHF_Toolkit.pdf>

1. **Campus Wellness Resources:**

* Visit ULifeline for wellness activities and resources. <http://www.ulifeline.org/stay_well>