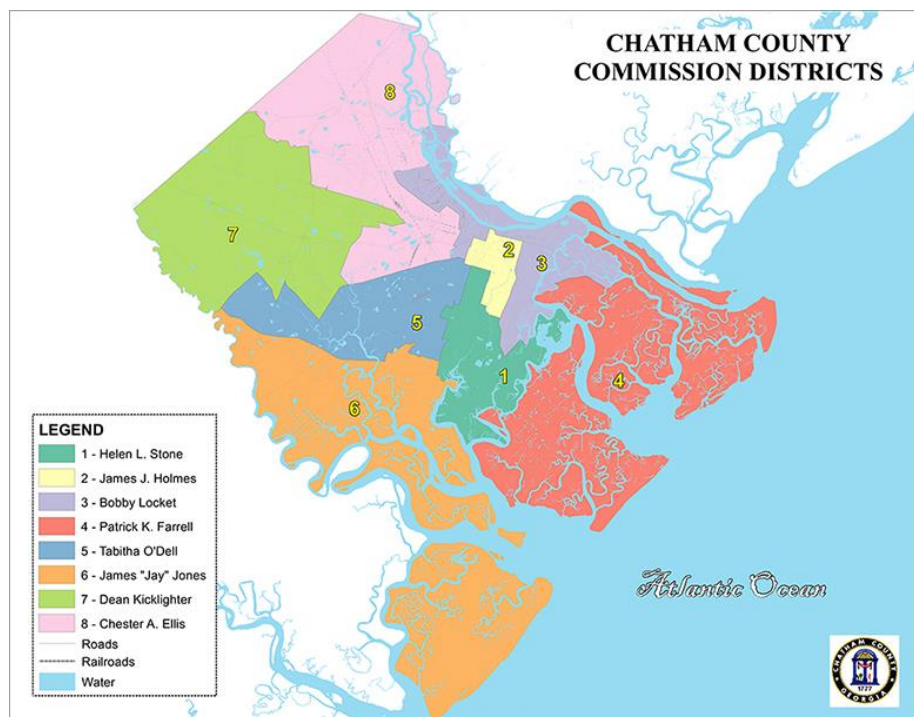


2019 Chatham County Suicide Prevention Resource Guide

The 2019 Chatham County Suicide Prevention Resource Guide is designed to help individuals and organizations in Chatham County identify the tools and materials necessary for effective suicide prevention. This Resource Guide is focused on protective factors that build capacity for suicide prevention in our community. Finding available, accessible and affordable resources to help those with thoughts of suicide is one of the essential steps in creating a suicide safer community.



If you are an agency appropriate for this publication or need to change your agency's content, please contact Chatham County Safety Net Planning Council at virasalzburn@chlink.org. Information subject to change without notice.



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Educational Resources

American Foundation for Suicide Prevention

Overview: Established in 1987, the American Foundation for Suicide Prevention (AFSP) is a voluntary health organization that gives those affected by suicide a nationwide community empowered by research, education and advocacy to take action against this leading cause of death.

Website: <https://afsp.org/>

Contact: info@afsp.org

Know the Signs

Overview: Know the Signs is a suicide prevention campaign aimed towards teaching individuals how to recognize the warning signs of suicide through 3 key messages, Know the signs, Find the words, Reach out.

Website: <https://www.suicideispreventable.org/>

Contact: info@suicideispreventable.org

National Alliance on Mental Illness (NAMI)

Overview: NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Contact: info@nami.org
703-524-7600

Website: <https://www.nami.org/>

Now Matters Now

Overview: Now Matters Now helps people with depression and suicidal thoughts focus on managing the most painful moments of life with mindfulness, opposite action, and breathing exercises. Online training and resources are also provided to help those individuals in need.

Website: <https://www.nowmattersnow.org/skills>

Seize the Awkward

Overview: Seize the Awkward helps individuals find ways to start a conversation with a friend who might be suffering from mental illness and pain before it is too late. Seize the Awkward also provides resources on warning signs and symptoms that a friend may be in pain.

Contact: 212-922-1500 (New York Office)
202-331-9153 (Washington DC Office)

Website: <https://seizetheawkward.org/#what-is-seize-the-awkward>

Self-injury Outreach & Support

Overview: Self-injury Outreach & Support is an international outreach organization formed by the collaboration between McGill University and the University of Guelph, that provides current information and helpful resources about self-injury to individuals who self-injure, those who have recovered, as well as their caregivers and families, friends, teachers and the health professionals who work with them.

Contact: <http://sioutreach.org/about-sios/>

Website: <http://sioutreach.org/>

Standby-Support after Suicide

Overview: StandBy-Support after Suicide is an Australian-based program providing individuals and organizations with universally adaptable resources for suicide postvention.

Website: <http://standbysupport.com.au/resources/>

Contact: Please visit <http://standbysupport.com.au/#Contact> for help and questions.

Statewide Suicide Prevention Council

Overview: The Statewide Suicide Prevention Council advises the governor and legislature on issues relating to suicide. In collaboration with communities, faith-based organizations, and public-private entities, the Council works to improve the health and wellness of Alaskans by reducing suicide and its effect on individuals and communities.

Website: <http://dhss.alaska.gov/SuicidePrevention/Pages/default.aspx>

Contact: <http://dhss.alaska.gov/Commissioner/Pages/Contacts/default.aspx>



Counseling Resources

Crisis Text Line

Overview: Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the US to text with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people in crisis. With over 100 million messages processed to date, we're growing quickly, but so is the need.

Contact: Text GA to 741741

Website: <https://www.crisistextline.org/>

Georgia Crisis & Access Line

Contact: 1-800-715-4225

Website: <https://www.georgiacollaborative.com/providers/georgia-crisis-and-access-line-gcal/>

App: My GCAL app will allow youth to call, text, or chat with GCAL 24/7/365. Help is in your pocket—just a click away. The caring professionals of GCAL are ready to help, and users can choose how they want to reach out.

Georgia Domestic Violence Hotline

Overview: The Georgia Coalition Against Domestic Violence (GCADV) is Georgia's federally recognized domestic violence coalition, representing over 53 domestic violence organizations and programs across the state. We engage in capacity building, communications, and public policy efforts to ensure effective domestic violence prevention and intervention.

Contact: 404-209-0280 (Phone)

404-766-3800 (Fax)

1-800-334-2836 (Hotline)

Website: <https://gcadv.org/>

Institute of Aging Friendship Line

Overview: Institute on Aging works to enhance the quality of life for adults as they age by enabling them to maintain their health, well-being, independence and participation in the community.

Contact: 415-750-4111

Website: <https://www.ioaging.org/services/all-inclusive-health-care/friendship-line>

National Alliance on mental Illness Helpline (NAMI)

Overview: The NAMI Helpline is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health conditions, their family members and caregivers, mental health providers and the public. **The NAMI Helpline can be reached Monday through Friday, 10 am–6 pm, ET.**

Contact: 1-800-950-6264 (helpline)

Text “NAMI” to 741741

Website: <https://www.nami.org/>

National Suicide Prevention Lifeline

Overview: The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. Call, chat

Contact: 1-800-273-8255 (English)

1-888-628-9454 (En Español)

1-800-799-4889 (Deaf and Heard of Hearing)

<https://suicidepreventionlifeline.org/chat/> (Chat)

Website: <https://suicidepreventionlifeline.org/>

Rape Crisis Center of the Coastal Empire

Overview: The Mission of the Rape Crisis Center is to provide resources and advocacy to victims of rape and sexual assault, and prevention education to youth and adults.

Contact: 912-233-7273 (Hotline)

912-233-3000 (Office)

Website: <https://www.rccsav.org/>

SAMHSA National Helpline

Overview: The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.

Contact: 800-487-4889

Website: <https://www.samhsa.gov/>

Savannah LGBT Center

Overview: The Savannah LGBT Center is managed by First City Network, a 501(c)(3) non-profit organization, for the benefit of the greater LGBTQ community. The purpose of the Savannah LGBT Center is to create a home for these organizations to provide lifesaving services in a central and stable location which can be easily accessed by those in need.

Contact: 912-304-5428

Website: <https://www.savannahlgbtcenter.org/>

Teen Line

Overview: TEEN LINE is a nonprofit, community-based organization helping troubled teenagers address their problems. It is our mission to provide personal teen-to-teen education and support before problems become a crisis, using a national hotline, current technologies and community outreach.

Contact: 1-800-852-8336 (Call)

Text TEEN to 839836

Website: <https://teenlineonline.org/>

Teen Link

Overview: Teen Link is a program of Crisis Connections that serves youth in Washington state.

Contact: 1-866-833-6546

Website: <https://www.teenlink.org/>

Trevor Lifeline

Overview: Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25.

Contact: 866-488-7386

Website: <https://www.thetrevorproject.org/>

Veterans Crisis Line

Overview: The Veterans Crisis Line is a free, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care. The caring, qualified responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances.

Contact: 1-800-273-8255 (Press 1)

Website: <https://suicidepreventionlifeline.org/help-yourself/veterans/>



Training Resources

Applied Suicide Intervention Skills Training (ASIST)

Overview: Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. CEUs available.

Register for a workshop in Chatham County, Georgia:

<https://www.chathamstafetynet.org/asist-registration/>

Contact: For any questions or more information regarding ASIST in Chatham County, please email ASIST@chlink.org or call 912-661-1456

*ASIST is the program of LivingWorks: <https://www.livingworks.net/asist>

SafeTALK

Overview: SafeTALK is an evidence-based training developed by LivingWorks Education. It is a three- to four-hour alertness training that prepares anyone 15 or older, regardless of prior experience or training, to become a suicide-alert helper.

Request a SafeTALK group training:

<https://www.chathamstafetynet.org/safetalk/>

Contact: For additional information, please email ASIST@chlink.org or call 912-661-1456

SuicideTALK

Overview: SuicideTALK is an evidence-informed training developed by LivingWorks Education and locally adapted by Prevent Suicide Today. It is a 60-90-minute awareness training that focuses on building awareness and encouraging people to think about their attitudes regarding suicide, as well as what steps to take to make their community safer and more supportive.

Request a free SuicideTALK at your organization:

<https://www.chathamstafetynet.org/suicidetalk/>

Contact: For additional information, please email ASIST@chlink.org or call 912-661-1456



Best Practices

Preventing Suicide: A Technical Package of Policy, Programs, and Practices

Overview: This technical package represents a select group of strategies based on the best available evidence to help communities and states sharpen their focus on prevention activities with the greatest potential to prevent suicide.

Website: <https://www.cdc.gov/violenceprevention/pdf/suicideTechnicalPackage.pdf>

Suicide Prevention Competencies for Faith Leaders

Overview: This new resource, informed by faith community leaders and suicide prevention experts, aims to help equip faith leaders with the capabilities needed to prevent suicide and provide care and comfort for those affected by suicide.

Website: <https://theactionalliance.org/faith-hope-life/resource/suicide-prevention-competencies-faith-leaders-supporting-life-during-and-after-suicidal>

Suicide: Prevention Strategies

Overview: While the causes of suicide vary, suicide prevention strategies share two goals: to reduce factors that increase risk and to increase factors that promote resilience or coping. Prevention requires a comprehensive approach that occurs at all levels of society—from the individual, family, and community levels to the broader social environment. Effective prevention strategies are needed to promote awareness of suicide, while also promoting prevention, resilience, and a commitment to social change.

Website: <https://www.cdc.gov/violenceprevention/suicide/prevention.html>

Vital Signs: Suicide

Overview: The Centers for Disease Control and Preventions (CDC) provide a comprehensive list of solutions and best practices that can be used to help people at risk of suicide.

Website: <https://www.cdc.gov/vitalsigns/suicide/index.html>