



Indiana State
Department of Health
Trauma and Injury Prevention

Suicide
Resource Guide
2019

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Resources

Attempt Survivors

1. A Journey Toward Health and Hope: Your Handbook for Recovery
<https://store.samhsa.gov/product/SMA15-4419>

This resource guides people through the first steps toward recovery and a hopeful future after a suicide attempt. It includes personal stories from survivors and strategies for recovery, such as re-establishing connections and finding a counselor.

2. How to Take Care of Yourself
<https://suicidepreventionlifeline.org/help-yourself/attempt-survivors/>

Recovery from a suicide attempt is possible. It takes time to heal both physically and emotionally, but healing and help can happen.

Deaf, Hard of Hearing

1. Text Services from Suicide Prevention Hotline
<https://suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/>

This network of crisis centers offers many services for people who are deaf and hard of hearing, including veterans.

Disaster Survivors

1. Emotional Recovery
<https://www.redcross.org/get-help/disaster-relief-and-recovery-services/recovering-emotionally.html>

Disasters are upsetting experiences for everyone involved. Children, senior citizens, people with disabilities and people for whom English is not their first language are especially at risk and are likely to need extra care and help. But everyone, even the people whom others look up to for guidance and assistance, is entitled to their feelings and deserves support throughout the recovery process.

2. Coping With Disaster
<https://www.ready.gov/coping-with-disaster>

The emotional toll that disaster brings can sometimes be even more devastating than the financial strains of damage and loss of home, business or personal property.

Lesbian, Gay, Bisexual, Transgender, and Queer (LGBTQ)

1. The Trevor Project

<https://www.thetrevorproject.org/get-help-now/#sm.0001qytjcy49wd2yrqk1zs7czaf37>

The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer and questioning (LGBTQ) young people younger than 25.

Loss Survivors

1. Books for Loss Survivors

<https://afsp.org/find-support/ive-lost-someone/resources-loss-survivors/books-loss-survivors/>

This list of books can be used for anyone coping with a suicide loss. It includes books for children, teenagers, men, clinicians and many others.

2. Survivor Outreach Program

<https://afsp.org/find-support/ive-lost-someone/survivor-outreach-program/>

The American Foundation for Suicide Prevention (AFSP) offers resources to help loss survivors cope, connect and heal in time. The trained peer support volunteers are all suicide loss survivors who know firsthand how difficult it can be to find your way in the aftermath of a suicide. Upon request, they are available to speak with you by phone, by video call (Google Hangout, Skype, Facetime) or even in person (limited availability).

Mental Health

1. Risk of Suicide

<https://www.nami.org/Learn-More/Mental-Health-Conditions/Related-Conditions/Risk-of-Suicide>

Suicidal thoughts or behaviors are both damaging and dangerous and are therefore considered a psychiatric emergency. Anyone experiencing these thoughts should seek immediate assistance from a health or mental health care provider. Having suicidal thoughts does not mean someone is weak or flawed.

2. Teen Mental Health and Suicide

<http://teenmentalhealth.org/learn/suicide/>

Suicide itself is not a mental disorder, but one of the most important causes of suicide is mental illness – most often depression, bipolar disorder (manic depression), schizophrenia and substance use disorders. Learn about these prevention programs.

Veterans

1. Make the Connection: Death of Family or Friends

<https://maketheconnection.net/events/death-family-friends>

Learn more about experiencing the death of family or friends, treatment options, self-help tools and resources to help you cope with loss.

Youth

1. Youth Suicide Prevention School-Based Guide

<http://theguide.fmhi.usf.edu/>

The Youth Suicide Prevention School-Based Guide is designed to provide accurate, user-friendly information. The guide is not a program but a tool that provides a framework for schools to assess their existing or proposed suicide prevention efforts (through a series of checklists) and provides resources and information that school administrators can use to enhance or add to their existing program.

2. What to Tell Children After a Suicide

<http://www.supportaftersuicide.org.au/what-to-do/communicating-with-children>

It can be very challenging for adults to know what to say to children following a suicide. Adults may find it difficult to tell children what has happened, however, communicating clearly with children is helpful to them in dealing with their grief and in feeling safe and secure.

State Organizations

American Foundation for Suicide Prevention (AFSP) – Indiana Chapter

P.O. Box 1793
Noblesville, IN 46061
Contact: Lisa Brattain, Regional Director
Phone: (317) 517-5973
<https://afsp.org/chapter/afsp-indiana/>

The American Foundation for Suicide Prevention (AFSP) is the leading national not-for-profit organization exclusively dedicated to understanding and preventing suicide through research, education and advocacy, and to reaching out to people with mental disorders and those impacted by suicide. The Indiana Chapter is dedicated to serving the AFSP mission.

Community Health Network: Zero Suicide

1500 N. Ritter Ave.
Indianapolis, IN 46219
Phone: (317) 621-5700 or (800) 662-3445 toll free
<https://www.ecommunity.com/services/mental-behavioral-health/zero-suicide-initiative>

Community Health Network hospitals in Indiana offer a Zero Suicide Initiative in order to provide mental health services to Indiana's youth.

Family and Social Services Administration - Division of Mental Health and Addiction

<http://www.in.gov/fssa/dmha/index.htm>

The Division of Mental Health and Addiction in the Family Social Services Administration ensures that Hoosiers have quality addiction and mental health services that promote resilience and recovery for multiple levels of the community by: setting standards for mental health and addiction treatment services, certifying mental health centers and addiction treatment service providers, and providing funding for substance abuse prevention programs.

Families First - Crisis and Suicide Intervention Services

615 N. Alabama St. Suite 320
Indianapolis, IN 46204
Phone: (317) 634-6341
24-hour Crisis Line: (317) 251-7575
Fax: (317) 464-9575
<http://familiesfirstindiana.org/>

Families First offers a 24-hour telephone information and referral service for suicide prevention, family violence, depression and a wide range of other issues. Their services are confidential and free.

Indiana Youth Group

2943 E. 46th St.
Indianapolis, IN 46205
Phone: (317) 541-8726
<http://indianayouthgroup.org/>

Indiana Youth Group (IYG) provides safe places and confidential environments where self-identified lesbian, gay, bisexual, transgender and questioning youth are empowered through programs, support services, social and leadership opportunities and community service. IYG advocates on their behalf in schools, in the community and through family support services.

Mental Health America of Indiana

1431 N. Delaware St.
Indianapolis, IN 46202
Phone (317) 638-3501 or (800) 555-MHAI (6424)
Fax: (317) 638-3540
www.mentalhealthassociation.com

The Mental Health Association focuses on mental health issues in Indiana and works for victory over mental illness through education, advocacy and direct services, such as support groups.

Team of Mercy

P.O. Box 3321
Terre Haute, IN 47803
Phone (855) 225-5550
<https://teamofmercy.com/>

Team of Mercy is dedicated to walking beside survivors as they learn to heal and return to their lives. They offer assistance, including financial and emotional, to individuals that have lost a loved one.

Suicide Prevention Center of St. Joseph County

6910 N Main St
Building 9, Mail Unit 10
Granger, IN 46530
Phone (574) 314-5426

www.SJCSuicidePrevention.org

The Suicide Prevention Center of St. Joseph County prevents suicide through education, training and compassionate grief support to those who have lost a loved one to suicide. Training programs include Question Persuade Refer (QPR), QPRT Risk Detection, Risk Assessment and Risk Management, Applied Suicide Intervention Skills Training (ASIST) and the Yellow Ribbon Suicide Prevention Program for youth, which is presented in grade, middle and high schools.

National Organizations

American Association of Suicidology (AAS)

5221 Wisconsin Ave., NW
Washington, DC 20015
Phone: (202) 237-2280
Fax: (202) 237-2282

www.suicidology.org

The American Association of Suicidology is dedicated to understanding and preventing suicide. AAS promotes research, public awareness programs, education and training for professionals and volunteers, and serves as a national clearinghouse for information on suicide. Suicide grief support brochure “Survivors of Suicide, Coping with the Suicide of a Loved One” is available.

Centre for Suicide Information

Suite 320, 105 12 Avenue S.E.
Calgary, AB T2G 1A1
Phone: (403) 245-3900
Fax: (403) 245-0299

<http://suicideinfo.ca/>

Centre for Suicide Information is a Canadian organization that maintains a resource library with extensive information on: suicide prevention, post intervention, intervention efforts and trends, development of successful suicide prevention, intervention, and post intervention programs, statistics, resource people, computer literature searches and document delivery.

Livingworks

P.O. Box 9607
Fayetteville, NC 28311
Phone: (910) 867-8822
Fax: (910) 867-8832
<http://www.livingworks.net/>

The Livingworks program is a comprehensive, coordinated and integrated approach to preventing suicide that involves the entire community. Livingworks is best known for distributing the ASIST Training (Applied Suicide Intervention Skills Training). The ASIST Training has been refined for 23 years with feedback from more than 500,000 participants and 3,000 active trainers. Other programs offered include: suicideTALK, esuicideTALK, safeTALK, safeTALK T4T and suicide to Hope.

National Alliance on Mental Illness (NAMI)

3803 N. Fairfax Drive, Suite 100
Arlington, VA 22203
Phone: (703) 524-7600
www.nami.org

The National Alliance on Mental Illness is the nation's largest grassroots mental health organization dedicated to improving the lives of people living with serious mental illness and their families. Founded in 1979, NAMI has become the nation's voice on mental illness, a national organization including NAMI organizations in every state and more than 1,100 local communities across the country who join together to meet the NAMI mission through advocacy, research, support and education.

National Organization for People of Color Against Suicide

P.O. Box 75571
Washington, D.C. 20013
Phone: (973) 204-8233
www.nopcas.org

The National Organization for People of Color Against Suicide is an organization that focuses on helping minority suicide survivors through services such as training, grief recovery and support.

QPR Institute

Phone: (888) 726-7926

www.qprinstitute.com

QPR is a simple educational program that teaches citizens how to recognize a mental health emergency and how to get a person at risk the help they need. QPR stands for Question, Persuade, and Refer, which are the three simple steps that anyone can learn to prevent suicide.

Screening for Mental Health (SOS Suicide Prevention Program)

One Washington Street, Suite 304

Wellesley Hills, MA 02481

Phone: (781) 239-0071

Fax: (781) 431-7447

<https://mentalhealthscreening.org/programs/sos-signs-of-suicide>

Screening for Mental Health has a suicide prevention program called the SOS Signs of Suicide Prevention Program. The training is a nationally recognized program for secondary school students. It is the only school-based program to show a reduction in suicide attempts (by 40 percent) in a randomized controlled study (American Journal of Public Health, March, 2004).


Stop a Suicide Today

<http://www.stopasuicide.org/>


Stop a Suicide Today can teach how to recognize the warning signs of suicide in family, friends, co-workers, and patients, and why one needs to respond as with any medical emergency. The program emphasizes the relationship between suicide and mental illness and the notion that a key step in reducing suicide is to get those in need into mental health treatment.

Mobile Applications


ASK & Prevent Suicide

What it looks like in App Store	Target Population	Features
	<ul style="list-style-type: none"> • Individuals looking to help a friend or loved one 	<ul style="list-style-type: none"> • Educational and crisis intervention resources for suicide prevention • Warning signs, referral information, crisis line specific to different populations • Basic/easy to use


Indiana Injury Prevention Resource Guide

What it looks like in App Store	Target Population	Features
	<ul style="list-style-type: none"> • People working with individuals at risk for injury/suicide • Suicide prevention coalitions/councils 	<ul style="list-style-type: none"> • Information on the size and scope of specific injury problems in Indiana • Ways to address the public health issue of suicide as well as other causes of injury • Specific to Indiana


Suicide Safer Home

What it looks like in App Store	Target Population	Features
	<ul style="list-style-type: none"> • Those living with someone who has suicidal thoughts • Safety plan supports 	<ul style="list-style-type: none"> • Ways to reduce access to lethal means • Safe disposal or storage of medication and firearms • Practical safety planning tips • To-do list • Gives number of different potential risk factors


Lifebuoy: Suicide Prevention

What it looks like in App Store	Target Population	Features
	<ul style="list-style-type: none"> • Suicide Survivors 	<ul style="list-style-type: none"> • Treatment locator • Crisis chat lifeline • Mood diary with sharing capability • Self-help resources


Jason Foundation a Friend Asks

What it looks like in App Store	Target Population	Features
	<ul style="list-style-type: none"> • Teens • Young adults • Those looking to help a friend or loved one 	<ul style="list-style-type: none"> • Warning signs • Resources • How to help a friend • What to do • What not to do • Get help NOW (calls national suicide hotline) • User friendly


MY3 – Support Network

What it looks like in App Store	Target Population	Features
	<ul style="list-style-type: none"> • Individuals at risk for suicidal ideation/thoughts 	<ul style="list-style-type: none"> • Allows users to select 3 individuals from contact list to support them in times of crisis • Safety plan toolbox with customizable strategies • People and places that can be used as coping skills


Safety Plan

What it looks like in App Store	Target Population	Features
	<ul style="list-style-type: none"> • Individuals with suicidal ideation/thoughts 	<ul style="list-style-type: none"> • Personalized digital safety plan stored on phone • Information about safety plans • Immediate connection to safety plan support

Suicide Safe by SAMHSA

What it looks like in App Store	Target Population	Features
	<ul style="list-style-type: none"> • Primary care providers • Behavioral health providers 	<ul style="list-style-type: none"> • Based on the Suicide Assessment Five-Step Evaluation and Triage practice guidelines (SAFE-T) • Focused on clinical providers • Downloadable resources

Virtual Hope Box

What it looks like in App Store	Target Population	Features
	<ul style="list-style-type: none"> • Individuals struggling with thoughts of suicide • Behavioral health providers 	<ul style="list-style-type: none"> • Variety of tools to assist someone who may need to redirect thought patterns • Includes inspirational quotes, guided relaxation/meditation, and self-identified coping tools • Modified by addressing the needs of the individual