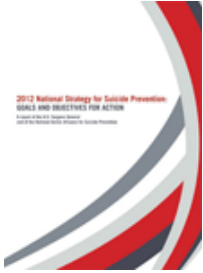


Suicide Prevention

National and Regional Resources

Substance Abuse and Mental Health Services Administration
Region VIII (2014)



The 2012 National Strategy for Suicide Prevention: A report of the U.S. Surgeon General and of the National Action Alliance for Suicide Prevention

Suicide is a public health issue that results in an average of 100 American deaths each day, more than double the average number of homicides. According to the Substance Abuse and Mental Health Services Administration (SAMHSA), more than 8.5 million adults in the United States had serious thoughts of suicide within the past 12 months.

Significant advances in knowledge, research and practice in preventing suicide, and public comment informed the development of a new *National Strategy* by the U.S. Surgeon General and the Action Alliance. There is strong evidence that a comprehensive public health approach is effective in reducing suicide rates.

<http://www.surgeongeneral.gov/library/reports/national-strategy-suicide-prevention/full-report.pdf>

SAMHSA: Prevention and Intervention

SAMHSA's goal is to provide individuals, families, professionals, and organizations with information and resources to seek help, provide assistance, and/or implement effective suicide prevention programs in their communities.

- **National Suicide Prevention Lifeline** - 1-800-273-TALK (8255) - a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress. Callers are routed to the closest crisis center within Lifeline's network of more than 160 centers.
- **Suicide Prevention Resource Center (SPRC)** - provides technical assistance, training, and materials to assist states, tribes, campuses, organizations, professionals, and stakeholders develop suicide prevention programs, interventions and policies. Also, acts as Secretariat to the National Action Alliance for Suicide Prevention.
- **National Action Alliance for Suicide Prevention** – a public/private partnership that advances the *National Strategy for Suicide Prevention* through the work of nearly 200 organizations.
- **Behavioral Health Treatment Services Locator** – a directory of mental health and substance abuse treatment facilities in the United States and U.S. territories.
- **Garrett Lee Smith Suicide Prevention Program** – prevention grants in 31 states, 1 territory, and 34 tribes or tribal organizations as part of the State/Tribal Youth Suicide Prevention and Early Intervention Program, and grants in 82 institutions of higher education through the Campus Suicide Prevention Program.
- **Tribal Technical Assistance Center (TTAC)** – provides culturally relevant, evidence-based, holistic technical assistance to support Native communities who seek to address mental and substance use disorders and suicide.

Assessing Suicide Risk:
Initial Tips for Counselors

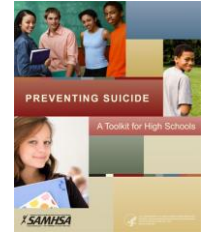
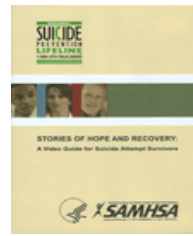
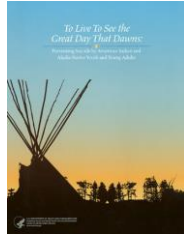
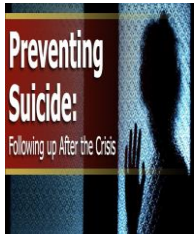


Additional Resources

- National Action Alliance for Suicide Prevention www.actionallianceforsuicideprevention.org
- National Indian Child Welfare Association www.nicwa.org/YouthSuicidePreventionToolkit
- Indian Health Services Resources www.ihs.gov/behavioral/index.cfm?module=BH&option=Suicide
- Veterans Crisis Line www.veteranscrisisline.net
- Military Crisis Line <http://www.veteranscrisisline.net/ActiveDuty.aspx>

SAMHSA: Publications

<http://store.samhsa.gov/home>



- SAMHSA News. Preventing Suicide: Following up After the Crisis
- To Live to See the Great Day that Dawns: Preventing Suicide by American Indian and Alaska Native Youth and Young Adults
- TIP 50: Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment
- Stories of Hope and Recovery: A Video Guide for Suicide Attempt Survivors
- Promoting Emotional Health and Preventing Suicide: A Toolkit for Senior Living Communities
- Preventing Suicide: A Toolkit for High Schools

Regional Suicide Prevention Resources

Colorado

- Colorado Department of Public Health and Environment, Office of Suicide Prevention - Jarrod Hindman:
- Pueblo Suicide Prevention Center
- Rocky Mountain Crisis Services

jarrod.hindman@state.co.us
www.pueblospc.org
www.metrocrisiservices.org

Montana

- Montana Department of Health and Human Services, Suicide Prevention Coordinator - Karl Rosston:
- Bozeman Crisis Line and Help Center
- Great Falls Crisis Line and Help Center

Krosston@mt.gov
www.bozemanhelpcenter.org
www.voicesofhope.info

North Dakota

- North Dakota Department of Health, Suicide Prevention Program Director - Micki Savelkoul:
- North Dakota Crisis Line, "First Link"

mlsavelkoul@nd.gov
www.myfirstlink.org

South Dakota

- South Dakota Department of Health, Suicide Prevention Program Manager - Gib Sudbeck:
- Sioux Falls Crisis Line and Help Center

Gib.sudbeck@state.sd.us
<http://helplinecenter.org>

Utah

- Utah Department of Health, Suicide Prevention Coordinator - Kim Myers:
- Utah State Office of Education, Suicide Prevention Specialist - Cathy Davis
- University Neuropsychiatric Institute

kmeyers@utah.gov
cathy.davis@schools.utah.gov
www.healthcare.utah.edu/uni/crisis

Wyoming

- Wyoming Department of Health, State Suicide Prevention Coordinator - Teresa Humphries-Wadsworth:
- Wyoming Behavioral Health Institute

Statespcoordinator@gmail.com
www.wbihelp.com

HHS Region VIII Contacts

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