Mountain Plains (HHS Region 8)
MHTTC Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Mountain Plains (HHS Region 8)
PTTC Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Suicide Prevention and Intervention Resources

Developed by Erin Briley, M.S., NCSP

Crisis Lines

1. National Suicide Prevention Lifeline

   1-800-273-TALK (8255) or 1-888-628-9454 (Spanish)

2. Crisis Text Line

   Text HOME to 741-741

3. Trevor Lifeline (For LGBTQ Youth)

   1-866-488-7386

4. Trans Lifeline

   1-877-565-8860 or www.translifeline.org

Advanced Training in Risk Assessment

1. Suicide Prevention Resource Center Training Resources: https://www.sprc.org/training
2. Zero Suicide Training and Implementation Resources http://zerosuicide.edc.org/resources/suicide-care-training-options
3. Assessing and Managing Suicide Risk (AMSR) A one-day workshop focusing on core competencies to assessing and managing suicide risk. http://www.sprc.org/training-events/amsr or email amsr@edc.org
4. Applied Suicide Intervention Skills Training (ASIST) A workshop designed for caregivers of individuals at risk of suicide. http://www.livingworks.net/programs/asist
5. Recognizing and Responding to Suicide Risk: Essential Skills for Clinicians https://suicidology.org/training-accreditation/rrsr-clinicians/
6. Question, Persuade, Refer, Suicide Prevention Training https://qprinstitute.com/

In-Service Training for Other Staff

1. Kognito At-Risk for High School Educators – 1-hour, online, interactive gatekeeper training program that teaches how to identify signs of psychological distress; approach students to discuss concerns; and make referrals to school support services. https://highschool.kognito.com
2. Mental Health First Aid - 8-hour course that builds mental health literacy, and helps to identify, understand, and respond to signs of mental illness. https://www.mentalhealthfirstaid.org
3. SafeTALK Curriculum– a 4-hour workshop that teaches how to prevent suicide by recognizing signs, engaging someone, and connecting them to an intervention resource for further support https://www.livingworks.net
4. Question, Persuade, Refer (QPR)- evidence-based gatekeeper training program that teaches individuals the warning signs of a suicide crisis and how to respond. https://qprinstitute.com/

Mountain Plains (HHS Region 8)

MHTTC Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Mountain Plains (HHS Region 8)

PTTC Prevention Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

Safety Plan Resources

1. Suicide Prevention Resource Center-
    a. Safety Planning Quick Guide: A Quick Guide for Clinicians
       http://www.sprc.org/resources-programs/safety-planning-guide-quick-guide-clinicians
    b. Patient Safety Plan Template
       http://www.sprc.org/resources-programs/patient-safety-plan-template

General Resources

1. Substance Abuse and Mental Health Services Administration www.samhsa.gov
2. Suicide Prevention Resource Center www.sprc.org
3. Zero Suicide http://zerosuicide.edc.org/
4. National Institute of Mental Health www.nimh.nih.gov
5. National Center for the Prevention of Youth Suicide www.preventyouthsuicide.org