

SUICIDE PREVENTION | TIPS & RESOURCES

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LANGUAGE MATTERS

We **avoid** using the phrase “committed suicide” as it often has a negative connotation like if someone were to commit a crime. Instead we **encourage** phrases such as “died by suicide” or “ended their life”.

When talking about suicide and suicide attempts we **avoid** referring to suicide attempts as “failed or successful” as these words imply judgment so instead we **encourage** phrases such as “suicide attempt” or “attempted death by suicide”.

We **avoid** mentioning the method used. It is unnecessary and can be very triggering. There are **Suicide Media Toolkits** readily available online. The **American Association of Suicidology** has an article that should be referenced: <https://suicidology.org/wp-content/uploads/2018/12/Suicide-Media-Reporting-Extended-4-merged-1.pdf>

988

What is the difference between 988 and 911?

Per **SAMHSA** (Substance Abuse and Mental Health Services Administration) The 988 Lifeline (previously (800) 273-TALK) was established to improve access to immediate support to meet the nation’s growing mental health, suicide, and substance use distress needs. The 988 Lifeline provides easy access to emotional distress care, which is distinct from 911, where the focus is on dispatching Emergency Medical Services, fire, and police as needed.

MOBILE CRISIS UNITS

By definition, Mobile Crisis Units consist of with a group of trained police **or** a combination of trained police, mental health professionals, and peer advocates who respond to mental health and substance abuse emergencies without using law enforcement procedures.

It's important to confirm before a crisis how many are in your city/county and the procedures they follow.

For example here in the City of Philadelphia there are 4 mobile crisis unit based on the four regions of the city (Northeast, North & Center City, North and Northwest and South, West & Southwest)

EDUCATIONAL RESOURCES

Christian Mental Health Initiative

<https://christianmentalhealthinitiative.org/>

This organization is based in Philadelphia and was founded by Dr. Atasha Jordan, MBA. She is an African American Christian resident psychiatrist.

FAITH AND MENTAL HEALTH TOOLKITS

Check your local city and county for resources. This is an example of what is in place here in Philadelphia's DBHIDS (Department of Behavioral Health and Intellectual disAbility Services)

<https://dbhids.org/wp-content/uploads/2021/04/DBHIDS-Faith-and-Mental-Health-Toolkit.pdf>

SAMHSA

<https://www.samhsa.gov/faith-based-initiatives>

Mental Health First Aid

<https://www.mentalhealthfirstaid.org/>

Spiritual First Aid

<https://www.spiritualfirstaid.org/>

Seize The Awkward: Practical steps on how to start a conversation when you recognize someone may be having a tough time and need additional support

<https://seizetheawkward.org/>

SOUL SHOP

Their mission is to equip faith communities to save lives and bring hope to those affected by suicidal desperation.

<https://www.soulshopmovement.org/ourworkshops>

AFSP (American Foundation for Suicide Prevention) TALK SAVES LIVES (Suicide Prevention 101) Training offered in person and via Zoom

<https://afsp.org/talk-saves-lives/>

NAMI National Alliance on Mental Illness

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

QPR TRAINING Question, Persuade & Refer

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical and proven suicide prevention training.

<https://qprinstitute.com>

BEAM | Black Emotional & Mental Health Collective BEAM is a national training, movement building, and grant making institution that is dedicated to the healing, wellness, and liberation of Black and marginalized communities. Yolo Akili Robinson - Founder & Executive Director - BEAM (Black Emotional and Mental Health Collective)

<https://beam.community/get-help-now/>

SILENCE THE SHAME We exist to empower and educate communities on mental health and wellness. With your help we can make a difference. Learn more and get involved. Shanti Das - CEO Founder - Silence the Shame, Inc.

<https://silencetheshame.com>

DEPRESSED WHILE BLACK Depressed While Black envisions a world where people of African descent heal from severe depression through Black-affirming mental health support and advocacy.

<https://www.depressedwhileblack.com/>

EMERGENCY RESOURCES FOR THOSE IN DISTRESS

Always confirm phone numbers and links.

The National Suicide Hotline

988 (Veterans Press 1)

Teen Suicide Hotline

800-852-8336 (Trained Teen Counselors)

The Trevor Project (LGBT Community) 866-488-7386

Trans Lifeline (Transgendered Community) 877-565-8860

The Grief Recovery HelpLine 800-445-4808

Crisis Text Hotline: Text HELP to 741741

If **outside the U.S** visit <http://www.suicide.org/international-suicide-hotlines.html> for assistance

Christians in Crisis Christians in Crisis Hot-line is a tele-based service that provides support and resources for Christians and Christian Ministers experiencing personal, emotional and/or family crises. 844-472-9687

Disaster Distress Helpline (1-800-985-5990)

It provides confidential counseling, referrals, and other support, 24 hours a day, seven days a week.

Physician Support Line

(888) 409-0141

Psychiatrists helping our US physician and medical student colleagues navigate the many intersections of our personal and professional lives. Free, Confidential & Anonymous. Call for any issue, not just a crisis

Please Be Advised

Inspiration With E is **not a counseling service and **accounts are NOT monitored 24/7**. If in distress/dealing with suicidal ideation in the U.S. please CALL or TEXT Lifeline at 988 (aka 800 273-TALK). TEXT the Crisis Text Line "Hello" to 741-741. Outside the U.S. visit: List of Worldwide Suicide Hotlines | https://www.suicidestop.com/call_a_hotline.html*

**The views and positions expressed of entities on the list of referrals do not necessarily reflect the views or positions of Inspiration With E.*

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