

## Question, Persuade, and Refer (QPR) Gatekeeper Training for Suicide Prevention Summary and Crisis Resources

North Carolina Department of Public Safety  
Office of Staff Development and Training  
2211 Schieffelin Road  
Apex N.C., 27502

NOTE: THIS DOCUMENT CONTAINS CONTENT REGARDING THE QUESTION, PERSUADE, AND REFER (QPR) GATEKEEPER TRAINING FOR SUICIDE PREVENTION WRITTEN IN 2014 BY DR. PAUL QUINNETT OF THE QPR INSTITUTE. ADDITIONALLY, IT CONTAINS INFORMATION DEVELOPED AND PROVIDED BY CARDINAL INNOVATIONS HEALTHCARE SOLUTIONS, THE MCLAUGHLIN YOUNG GROUP AND THE INJURY AND VIOLENCE PREVENTION (IVP) BRANCH LOCATED IN THE CHRONIC DISEASE AND INJURY (CDI) SECTION, OF N.C. DHHS - DIVISION OF PUBLIC HEALTH.

## Question, Persuade, and Refer (QPR) Gatekeeper Training for Suicide Prevention

### WHAT IS QPR?

"QPR stands for Question, Persuade, and Refer - 3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to save the life of a friend, colleague, sibling, or neighbor.

Because of the nature of suicidal warning signs, and who is most likely to recognize and respond to them, the QPR Institute strongly concurs with the goal of one in four persons trained a basic gatekeeper role for suicide prevention in the United States. Because suicides happen in families – where emergency interventions are more likely to take place - we believe that **AT LEAST ONE PERSON PER FAMILY UNIT** should be trained in QPR.

According to the Surgeon General's National Strategy for Suicide Prevention (2001), a gatekeeper is someone in a position to recognize a crisis and the warning signs that someone may be contemplating suicide. Gatekeepers include parents, friends, neighbors, teachers, ministers, doctors, nurses, office supervisors, squad leaders, foremen, police officers, advisors, caseworkers, firefighters, and many others who are strategically positioned to recognize and refer someone at risk of suicide.

### As a QPR-trained Gatekeeper, you will learn to:

1. How to get help for yourself or learn more about preventing suicide
2. The common causes of suicidal behavior
3. The warning signs of suicide
4. How to Question, Persuade and Refer someone who may be suicidal
5. How to get help for someone in crisis

### WHAT ABOUT MY LIABILITY?

If you become trained in QPR, you should have no liability for attempting to intervene in a suicide crisis. In fact, many professionals already have a duty to respond, and may not know how. As regards intervening in medical emergencies, and according to the Good Samaritan Act of 1985, a layperson or professional who does not have a legal duty to respond to a stranger's emergency, and who is acting in "good faith" and is not being compensated, and who is not guilty of Gross Negligence (deliberately careless conduct), is immune from liability. There are no recorded cases against a Good Samaritan since 1985 (ProCPR, 2003).

### QPR SUMMARY:

QPR is a simple educational program that teaches employees how to recognize a mental health emergency and how to get a person at risk the help they need. It is also an action plan that can result in lives saved."<sup>1</sup>

**FOR ADDITIONAL INFORMATION REGARDING THE NCDPS QPR TRAINING PROGRAM, PLEASE VISIT THE WEBPAGE BELOW:**

<https://www.ncdps.gov/Index2.cfm?a=000003,002391,002395,002950>

---

<sup>1</sup> Quinnett, Paul. "What Is QPR?" QPR Triage Training. 2014. Accessed July 1, 2015. <http://www.qprinstitute.com/about.html>.

# SUICIDE PREVENTION TIP SHEET<sup>2</sup>

## WHAT CAN YOU DO?

- Realize some might be suicidal.
- Reach out. Asking the suicide question DOES NOT increase risk.
- Listen. Talking things out can save a life. Don't try to do everything yourself. Get others involved.
- Don't promise secrecy and don't worry about being disloyal.
- If persuasion fails, call your mental health center, local hotline, or emergency services.

## QUESTIONS TO ASK

Ask the person directly whether he or she is suicidal:

- "Are you having thoughts of suicide?"
- "Are you thinking about killing yourself?"

Ask the person whether he or she has a plan:

- "Have you decided how you are going to kill yourself?"
- "Have you decided when you would do it?"
- "Have you collected the things you need to carry out your plan?"

## CRISIS SERVICES

- Call your local Managed Care Organization (see map on other side)
- Get to know if there are local walk-in behavioral health clinics
- 24-Hour Mobile Crisis Services (Contact MCO)
  - A mental health professional will respond on the phone as well as on-site, when appropriate, to assess the person in crisis.
- National Suicide Prevention Lifeline: (800) 273-TALK
- Employee Assistance Program

## RISK FACTORS

- Demographics: White, American Indian, Male, Older Age
- Separation or Divorce, Early Widowhood
- History of Suicide Attempts – especially if repeated
- Prior Suicide Ideation
- History of Self-Harm Behavior
- History of Suicide or Suicidal Behavior in Family
- Parental History of:
  - Violence
  - Substance Abuse (Drugs or Alcohol)
  - Hospitalization for Major Psychiatric Disorder
  - Divorce
- History of Trauma or Abuse (Physical or Sexual)
- History of Psychiatric Hospitalization
- History of Frequent Mobility
- History of Violent Behaviors
- History of Impulsive/Reckless Behaviors

## SUICIDE WARNING SIGNS

- Appearing depressed or sad most of the time.
  - Untreated depression is the number one cause for suicide.
- Talking or writing about death or suicide.
- Withdrawing from family and friends.
- Feeling hopeless.
- Feeling helpless.
- Feeling strong anger or rage.
- Feeling trapped -- like there is no way out of a situation.
- Experiencing dramatic mood changes.
- Abusing drugs or alcohol.
- Exhibiting a change in personality.
- Acting impulsively.
- Losing interest in most activities.
- Experiencing a change in sleeping habits.
- Experiencing a change in eating habits.
- Losing interest in most activities.
- Performing poorly at work or in school.
- Giving away prized possessions.
- Writing a will.
- Feeling excessive guilt or shame.
- Acting recklessly.

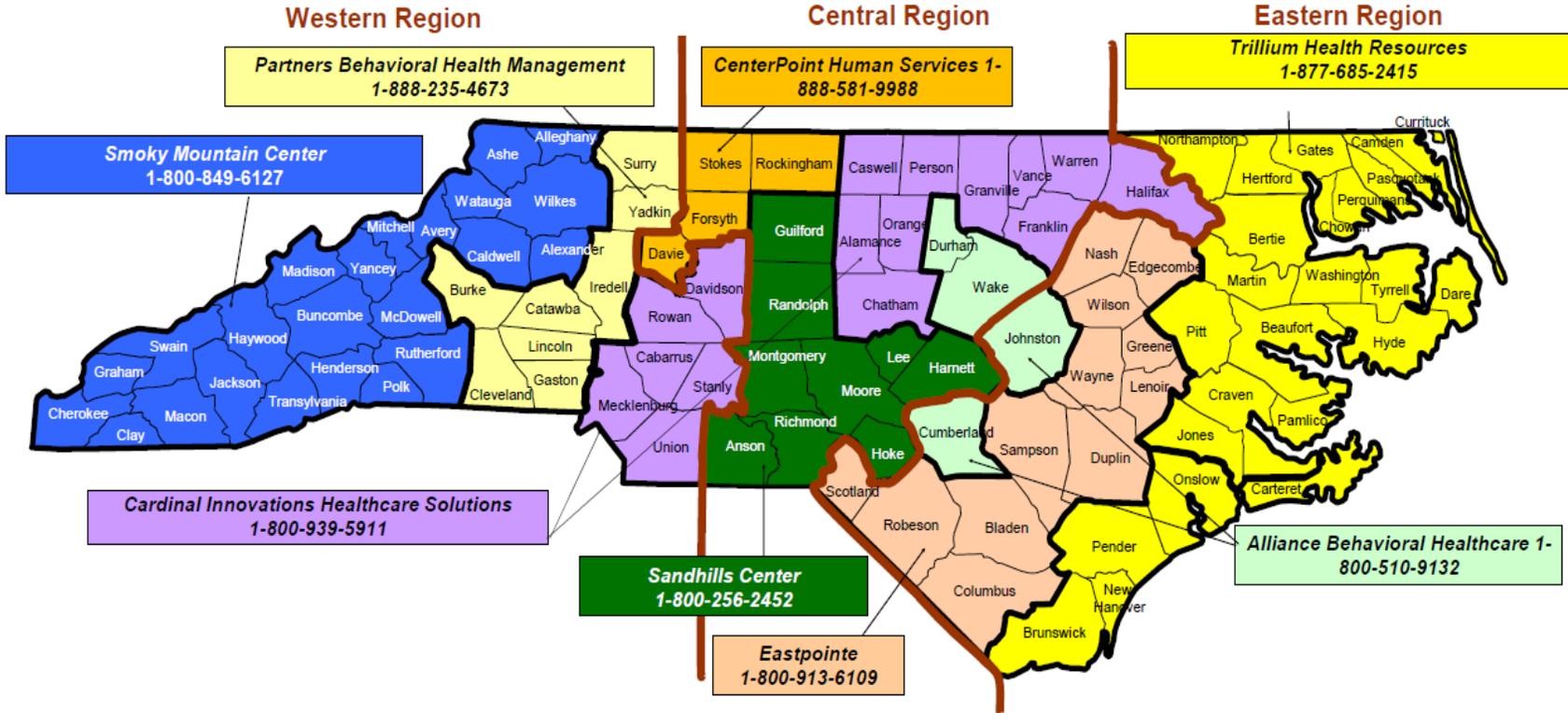
## RESOURCES

American Association of Suicidology: [www.suicidology.org](http://www.suicidology.org)  
American Foundation for Suicide Prevention: [www.afsp.org](http://www.afsp.org)  
Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)  
Suicide Prevention, Awareness, and Support: [www.suicide.org](http://www.suicide.org)

<sup>2</sup>Cardinal Innovations HealthCare Solutions, "Suicide Prevention Tip Sheet," Obtained July 1, 2014.

**North Carolina Managed Care Organizations<sup>3</sup>  
Effective July 01, 2015**

**Local Management Entity - Managed Care Organizations (LME-MCOs)**



<sup>3</sup>Cardinal Innovations HealthCare Solutions, "North Carolina Behavioral Health Access Numbers," Obtained July 1, 2015.

## QPR Suicide Prevention Cards<sup>4</sup>

<p style="text-align: center;"><b>QPR for Suicide Prevention</b></p> <p><b>Q:</b> <b>Question the Person About Suicide.</b> Do they have thoughts? Feelings? Plans? Don't be afraid to ask.</p> <p><b>P:</b> <b>Persuade the Person to Get Help.</b> Listen carefully. Then say, "Let me help." Or, "Come with me to find help."</p> <p><b>R:</b> <b>Refer for Help.</b> If a child or an adolescent, contact any adult, any parents; or call your minister, rabbi, tribal elder, a teacher, coach or counselor; or call the resource numbers on the of this card.</p>	<p style="text-align: center;"><b>QPR for Suicide Prevention</b></p> <p><b>Q:</b> <b>Question the Person About Suicide.</b> Do they have thoughts? Feelings? Plans? Don't be afraid to ask.</p> <p><b>P:</b> <b>Persuade the Person to Get Help.</b> Listen carefully. Then say, "Let me help." Or, "Come with me to find help."</p> <p><b>R:</b> <b>Refer for Help.</b> If a child or an adolescent, contact any adult, any parents; or call your minister, rabbi, tribal elder, a teacher, coach or counselor; or call the resource numbers on the of this card.</p>
<p style="text-align: center;"><b>Warning Signs of Suicide</b></p> <ul style="list-style-type: none"> <li>• Suicide threats</li> <li>• Previous attempts</li> <li>• Alcohol &amp; drug abuse</li> <li>• Statements revealing a desire to die</li> <li>• Sudden changes in behavior</li> <li>• Prolonged depression</li> <li>• Making final arrangements</li> <li>• Giving away prized possessions</li> <li>• Purchasing a gun or stockpiling pills</li> </ul>	<p style="text-align: center;"><b>Warning Signs of Suicide</b></p> <ul style="list-style-type: none"> <li>• Suicide threats</li> <li>• Previous attempts</li> <li>• Alcohol &amp; drug abuse</li> <li>• Statements revealing a desire to die</li> <li>• Sudden changes in behavior</li> <li>• Prolonged depression</li> <li>• Making final arrangements</li> <li>• Giving away prized possessions</li> <li>• Purchasing a gun or stockpiling pills</li> </ul>

<p style="text-align: center;"><b>QPR for Suicide Prevention</b></p> <p><b>Q:</b> <b>Question the Person About Suicide.</b> Do they have thoughts? Feelings? Plans? Don't be afraid to ask.</p> <p><b>P:</b> <b>Persuade the Person to Get Help.</b> Listen carefully. Then say, "Let me help." Or, "Come with me to find help."</p> <p><b>R:</b> <b>Refer for Help.</b> If a child or an adolescent, contact any adult, any parents; or call your minister, rabbi, tribal elder, a teacher, coach or counselor; or call the resource numbers on the of this card.</p>	<p style="text-align: center;"><b>QPR for Suicide Prevention</b></p> <p><b>Q:</b> <b>Question the Person About Suicide.</b> Do they have thoughts? Feelings? Plans? Don't be afraid to ask.</p> <p><b>P:</b> <b>Persuade the Person to Get Help.</b> Listen carefully. Then say, "Let me help." Or, "Come with me to find help."</p> <p><b>R:</b> <b>Refer for Help.</b> If a child or an adolescent, contact any adult, any parents; or call your minister, rabbi, tribal elder, a teacher, coach or counselor; or call the resource numbers on the of this card.</p>
<p style="text-align: center;"><b>Warning Signs of Suicide</b></p> <ul style="list-style-type: none"> <li>• Suicide threats</li> <li>• Previous attempts</li> <li>• Alcohol &amp; drug abuse</li> <li>• Statements revealing a desire to die</li> <li>• Sudden changes in behavior</li> <li>• Prolonged depression</li> <li>• Making final arrangements</li> <li>• Giving away prized possessions</li> <li>• Purchasing a gun or stockpiling pills</li> </ul>	<p style="text-align: center;"><b>Warning Signs of Suicide</b></p> <ul style="list-style-type: none"> <li>• Suicide threats</li> <li>• Previous attempts</li> <li>• Alcohol &amp; drug abuse</li> <li>• Statements revealing a desire to die</li> <li>• Sudden changes in behavior</li> <li>• Prolonged depression</li> <li>• Making final arrangements</li> <li>• Giving away prized possessions</li> <li>• Purchasing a gun or stockpiling pills</li> </ul>

<sup>4</sup> Cardinal Innovations HealthCare Solutions, "QPR Suicide Prevention Cards," Obtained July 1, 2014.



## North Carolina Department of Public Safety Crisis Resource Employee Assistance Program (EAP)<sup>5</sup>

The North Carolina Department of Public Safety's Employee Assistance Program (EAP) provides free and confidential help with personal issues, work-related problems, and work-life balance matters. EAP offers a variety of support programs to help increase personal and organizational productivity and is available to all employees and their immediate family.

### **Employee Access:**

EAP is managed by McLaughlin Young and offers you and your immediate household members' unlimited access to the following:

1. Free, confidential help with personal or work-related concerns
2. Referrals to other sources for assistance
3. 24-hour emergency coverage
4. Up to three (3) free confidential counseling sessions

### **Reasons for Use:**

EAP is designed to help with all kinds of life situations. Examples include, but are not limited to:

1. Marital difficulties
2. Family problems
3. Parenting
4. Stress
5. Balancing work and family
6. Relationship issues
7. Work-related concerns
8. Depression
9. Alcohol and drug use/abuse
10. Grief and loss
11. Elder care
12. Healthy living
13. Crisis events  
24-hour emergency coverage

### **How to Access:**

[Call 1-888-298-3907](tel:1-888-298-3907) or [704-717-5295](tel:704-717-5295) to access the NC EAP. An employee assistance professional may assess your situation prior to scheduling an appointment to ensure that you are receiving the most appropriate care.

### **EAP is Confidential:**

Confidentiality is an essential part of the EAP. No one in any position or leadership level at DPS will know of your participation in the services nor will anyone have access to any information without your consent. The only exception is when someone's safety is in question.

<sup>5</sup>McLaughlin Young Group, "Employee Assistance Program," Accessed on July 1, 2015 via [https://www.ncdps.gov/Index2.cfm?a=000002\\_002221](https://www.ncdps.gov/Index2.cfm?a=000002_002221).

## North Carolina Department of Public Safety Crisis Resources

### Other State and National Resources:



1. **The National Suicide Prevention Lifeline** - provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. Since its inception, the Lifeline has engaged in a variety of initiatives to improve crisis services and advance suicide prevention.

[Call: 1-800-273-TALK \(8255\) or http://www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

- a) **Who Should Call** - If you feel you are in a crisis, whether or not you are thinking about killing yourself, please call the Lifeline. People have called us for help with substance abuse, economic worries, relationship and family problems, sexual orientation, illness, getting over abuse, depression, mental and physical illness, and even loneliness.
- b) **Veterans Crisis Line** - Since 2007, the Lifeline has been providing special suicide prevention service for U.S. military veterans through an agreement with the Department of Veteran's Affairs (VA) and U.S. Substance Abuse and Mental Health Services Administration (SAMHSA). When dialing [1-800-273-TALK \(8255\)](tel:1-800-273-TALK), veterans, active military, and their families are prompted, during the automated greeting, to press "1" to be connected to a veterans suicide prevention hotline specialist located in the VA call center in New York.



2. **Serve & Protect / Safe Call Now** - is dedicated to the Homeland Heroes who serve or have served in Law Enforcement, Fire / Rescue / EMS, Dispatch, and Corrections professionals and their families through their unique combination of Crisis Line, Chaplain Alliance, and four Networks of Mental Health Professionals. The dedication and sacrifice of these brave men and women who keep the homeland safe is unsurpassed by any profession.

If you are contemplating suicide, or are in an emotional crisis and need immediate help because of addictions, depression, anger issues, domestic violence, or other significant issues, their 24/7 crisis line is available now, powered by Safe Call Now. [Call 615-373-8000 or http://serveprotect.org](http://serveprotect.org), their crisis line is staffed by active and retired first responders who understand the needs of callers and assess their level of need that provide collaborative, comprehensive, compassionate, and confidential care.

The Serve and Protect crises line has two options:

- a) Option 1 connects you with a crisis counselor by accessing Safe Call Now.
- b) Option 2 connects you with a Serve & Protect Chaplain.



3. **The Correctional Peace Officers (CPO) Foundation** - is a national, non-profit charitable organization created in 1984. Its primary function is to preserve and support the surviving families of Correctional Officers who lose their lives in pursuit of their chosen profession of protecting the public from those remanded to correctional custody and supervision in the nation's prisons and jails. Eligible employees include all men and

## North Carolina Department of Public Safety Crisis Resources

### Other State and National Resources:

women who work within the prisons, institutions, or jails supervising either adults or juveniles, or in the parole/probation systems. This includes city, county, state, or federal systems.

The Correctional Peace Officers (CPO) Foundation - Catastrophic Assistance Program defines catastrophic when an Officer and/or staff member at a Correctional Facility, because of a catastrophic illness, injury, or event, are suffering severe financial hardship. The resources within the Catastrophic Assistance Program are not infinite. They are limited and the Catastrophic Coordinator's along with our contacts at the individual facilities must verify and explore the extent of the financial need. Their Catastrophic Assistance Program is not intended to supplement an entire paycheck and is primarily for Correctional staff, their spouse, or dependent children. In the case of illness or injury, if extensive travel is involved in obtaining treatment and/or therapy for the Applicant, their spouse or dependent children, financial assistance may be provided to help with medical travel expenses incurred. In bereavement situations, financial assistance is limited to the Applicant, their spouse or dependent children if there is a dire need and no insurance or other finances are available. The CPO Foundation Board of Directors will strongly consider assisting Correctional staff in situations related to natural disasters: fire, flood, earthquake, tornado, etc.

# N.C. Division of Public Health, Injury and Violence Prevention Branch Crisis Resources

## *2015 NORTH CAROLINA SUICIDE PREVENTION PLAN*<sup>6</sup>

### DISCLAIMER:

**NOTE:** THE INFORMATION BELOW WAS EXTRACTED FROM VARIOUS SECTIONS OF THE *2015 NORTH CAROLINA SUICIDE PREVENTION PLAN* PUBLISHED BY THE INJURY AND VIOLENCE PREVENTION (IVP) BRANCH LOCATED IN THE CHRONIC DISEASE AND INJURY (CDI) SECTION, WITHIN THE N.C. DIVISION OF PUBLIC HEALTH.

The North Carolina Injury and Violence Prevention (IVP) Branch is located in the Chronic Disease and Injury (CDI) Section, within the N.C. Division of Public Health (DPH), which has been designated by the N.C. General Assembly as the lead agency for injury prevention in North Carolina. The IVP Branch's programs provide funding, training, and technical assistance to public health professionals working across North Carolina. The Branch works to promote the use of research and data to ensure local communities are implementing initiatives that are effective.

In late 2013, the IVP Branch initiated a 16-month process to develop a statewide *2015 N.C. Suicide Prevention Plan*. The development of a new plan, seen as a complement to the DMH/DD/SAS plan, provided an opportunity to bring together a group of approximately 180 diverse suicide prevention stakeholders to create the plan.

The primary purpose of the *2015 N.C. Suicide Prevention Plan* is to empower all North Carolinians with knowledge and to highlight examples of the actions they can take to reduce suicide. Funds and resources available to support coordinated suicide prevention efforts are limited. As such, the plan development process focused on developing a road map for stakeholder groups in North Carolina to address the burden of suicide. The road map approach aligns with current efforts across the state that leverages partnerships and resources to prevent suicide. Using this plan, practitioners from a variety of disciplines at the state, regional, and local level can align their efforts to plan, implement, and evaluate suicide prevention efforts.

---

## **SECTION (7) – WHERE CAN I GO TO LEARN MORE ABOUT SUICIDE PREVENTION?**

This section of the *2015 N.C. Suicide Prevention Plan* provides information and hyperlinks for additional resources about suicide prevention. This section summarizes resources for the following categories:

- A. **Suicide Prevention Resources**
- B. **Mental Health Resources**
- C. **Resources Related to Suicide Disparities**

**NOTE:** RESOURCES AVAILABLE AT THE STATE AND/OR NATIONAL LEVEL ARE SHOWN FOR EACH CATEGORY, WHEN APPLICABLE. SOME RESOURCES APPEAR IN MULTIPLE CATEGORIES.

### **A. Suicide Prevention Resources:**

#### **1. North Carolina Suicide Prevention Resources:**

- a) **American Foundation for Suicide Prevention (AFSP) North Carolina Chapter:**

[www.afsp.org/local-chapters/local-chapters-listed-by-state/north-carolina/afsp-north-carolina](http://www.afsp.org/local-chapters/local-chapters-listed-by-state/north-carolina/afsp-north-carolina)

The American Foundation for Suicide Prevention (AFSP) established a new chapter in North Carolina in May 2014. The Chapter raises awareness about suicide and its prevention through community events, Out of the Darkness walks, AFSP programs, and gatekeeper trainings. The Chapter plans to expand training opportunities around the state, make more resources available to people whose lives have been affected by

<sup>6</sup> The North Carolina Injury and Violence Prevention (IVP) Branch, "*2015 NORTH CAROLINA SUICIDE PREVENTION PLAN*," Section 7, Accessed on July 1, 2015 via <http://www.injuryfreenc.ncdhs.gov/preventionResources/Suicide.htm>

## N.C. Division of Public Health, Injury and Violence Prevention Branch Crisis Resources

### *2015 NORTH CAROLINA SUICIDE PREVENTION PLAN*

suicide, bring AFSP's Interactive Screening Program (ISP) to North Carolina campuses and communities, and collaborate with other organizations in continuing to build a grassroots advocacy network that promotes legislation and policies to prevent suicide and improve mental health.

- b) **North Carolina Division of Mental Health, Developmental Disabilities and Substance Abuse Services (DMH/DD/SAS):**

[www.ncdhhs.gov/mhddsas](http://www.ncdhhs.gov/mhddsas)

The N.C. Division provides strategic and operational leadership and oversight to the public mental health, developmental disability, and substance abuse service system. The Community Policy Management Section is primarily responsible for leadership, guidance, and management of relationships with local management entities (LME/MCOs). LME/MCOs are where people go to find information on receiving mental health, developmental disability, or substance abuse services. They are available 24 hours a day. LME/MCO by county: [www.ncdhhs.gov/mhddsas/lmeonblue.htm](http://www.ncdhhs.gov/mhddsas/lmeonblue.htm). The Division also operates the Crisis Solutions Coalition, which works statewide to decrease the use of emergency departments and increase access to other services to help individuals resolve a crisis and get back to their homes, families, friends, and work. Learn more at <http://crisissolutionsnc.org>.

- c) **National Suicide Prevention Lifeline in North Carolina 1-800-273-8255:**

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Provides access to 24/7/365 crisis response services, such as screening, triage and referral; walk-in crisis; mobile crisis management teams; or facility based crisis services through the DMH/DD/SAS Local Management Entities/Managed Care Organizations (LME/MCOs).

- d) **North Carolina Division of Public Health, Injury and Violence Prevention Branch (IVPB):**

[www.injuryfreenc.ncdhhs.gov](http://www.injuryfreenc.ncdhhs.gov)

Suicide Prevention Program – addresses suicide among 10 - 24 year olds in North Carolina, with support from the Garrett Lee Smith grant. The GLS grant led to the creation of the ["It's OK 2 Ask"](#) website and provides suicide prevention trainings to communities. The Injury and Violence Branch also provides data and surveillance for suicide. For example, click here for a link to a report on the [burden of suicide in North Carolina](#).

- e) **Students Against Destructive Decisions – North Carolina State Chapter:**

[www.doa.state.nc.us/yaio/ncsadd.aspx](http://www.doa.state.nc.us/yaio/ncsadd.aspx)

N.C. SADD has more than 300 SADD chapters across the state. The chapters carry out projects during the school year such as seat belt checks of students driving to school, compliance checks of sales to minors, prevention activities at sports events, alcohol-free prom and graduation projects, school assemblies, and community projects focusing on highway safety and underage drinking and drug prevention.

## N.C. Division of Public Health, Injury and Violence Prevention Branch Crisis Resources

### *2015 NORTH CAROLINA SUICIDE PREVENTION PLAN*

f) **North Carolina SAYSO (Strong Able Youth Speaking Out):**

[www.sayso.org](http://www.sayso.org)

Strong Able Youth Speaking Out is a statewide association of youth ages 14 to 24 who are or have been in the out of home care system that is based in North Carolina.

2. **National Suicide Prevention Resources:**

a) **American Foundation for Suicide Prevention (AFSP):**

[www.afsp.org](http://www.afsp.org)

American Foundation for Suicide Prevention (AFSP) is a multifaceted organization made up of scientists, dedicated survivors of suicide loss, people with mental disorders, and their families, and an expansive network of business and community leaders. They are a grassroots movement, a support network, an educator, a professional research organization, and a grant-making foundation. They organize hundreds of events in communities across the country, raising millions of dollars each year to support their work, both locally and nationally. They advocate for social change, supporting policies that contribute to reducing and preventing suicides nationwide. While AFSP does not provide direct services, such as counseling or running a crisis hotline, they do work closely with the organizations providing these services. See above for link to the N.C. chapter.

b) **American Association of Suicidology (AAS):**

[www.suicidology.org](http://www.suicidology.org)

American Association of Suicidology (AAS) is a membership organization for suicide prevention and intervention, or those touched by suicide. AAS is a leader in the advancement of scientific and programmatic efforts in suicide prevention through research, education, and training, the development of standards and resources, and survivor support services. The goal of the American Association of Suicidology (AAS) is to understand and prevent suicide.

c) **KBHC Kristin Brooks Hope Center:**

[www.hopeline.com/aboutus.html](http://www.hopeline.com/aboutus.html)

KBHC's focus is on suicide prevention, awareness, and education. They provide help and hope through crisis hotlines (including Vet2Vet), online crisis chat, a musical outreach tour, and college campus awareness events. **1-800-442-HOPE (1-800-442-4673)**

**National Alliance on Mental Illness (NAMI):**

[www.nami.org](http://www.nami.org)

National Alliance on Mental Illness (NAMI), the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports, and research and is steadfast in its commitment to raise awareness and build a community of hope for all of those in need. NAMI is the foundation for hundreds of NAMI State Organizations, NAMI Affiliates and volunteer leaders who work in local communities across the country to raise awareness and provide essential and free education, advocacy, and support group programs.

## N.C. Division of Public Health, Injury and Violence Prevention Branch Crisis Resources

### *2015 NORTH CAROLINA SUICIDE PREVENTION PLAN*

d) **National Action Alliance for Suicide Prevention:**

<http://actionallianceforsuicideprevention.org>

The National Action Alliance for Suicide Prevention is a public/private partnership that advances the National Strategy for Suicide Prevention on a national level. The Alliance's task forces include focuses on infrastructure, high-risk populations, and interventions. Their work includes the Framework for Successful Messaging, The Way Forward, a report that gives voice to suicide attempt survivors and bridges the gap between suicide attempt survivors, clinicians, hospital policy makers, and suicide prevention leaders. The Your Life Matters! campaign is designed to give faith communities of every tradition an opportunity to celebrate life, hope, and reasons to live. See above for link to the N.C. chapter.

e) **Samaritans USA:**

[www.samaritansusa.org/index.php](http://www.samaritansusa.org/index.php)

Samaritans USA, the organization comprising the individual Samaritans centers operating in the United States, is a member of the world's oldest and largest suicide prevention network, with 400 centers in 38 countries (from Argentina, Bosnia and Great Britain to India, Sri Lanka and Zimbabwe). Samaritans centers provide volunteer-staffed hotlines and professional and volunteer-run public education programs, suicide survivor support groups and many other crisis response, outreach, and advocacy activities and programs to the communities they serve as well as those throughout the country.

f) **SAVE - Suicide Awareness\Voices of Education:**

[www.save.org](http://www.save.org)

The mission of SAVE is to prevent suicide through public awareness and education, reduce stigma and serve as a resource to those touched by suicide.

g) **Substance Abuse and Mental Health Services Administration (SAMHSA):**

[www.samhsa.gov/prevention/suicide.aspx](http://www.samhsa.gov/prevention/suicide.aspx)

SAMHSA is a branch of the U.S. Department of Health and Human Services. SAMHSA's Suicide Prevention Goal is to provide individuals, families, professionals, and organizations with information and resources to seek help, provide assistance, or implement suicide prevention programs in their communities. This website provides links to call centers, resource centers, and suicide prevention webinars.

h) **Suicide Information and Education Center (SIEC):**

<http://suicideinfo.ca>

Suicide Information and Education Center is a branch of the Canadian Mental Health Association, CSP is an education center with the largest English language library dedicated to the collection and dissemination of suicide prevention, intervention and postvention resources.

i) **Suicide Prevention Resource Center (SPRC):**

[www.sprc.org](http://www.sprc.org)

Suicide Prevention Resource Center (SPRC) is the nation's federally supported resource center devoted to advancing the National Strategy for Suicide Prevention. They provide technical assistance, training, and materials to increase the knowledge and expertise of

## N.C. Division of Public Health, Injury and Violence Prevention Branch Crisis Resources

### *2015 NORTH CAROLINA SUICIDE PREVENTION PLAN*

suicide prevention practitioners and other professionals serving people at risk for suicide. They also promote collaboration among a variety of organizations that play a role in developing the field of suicide prevention. Services and resources provided by SPRC include:

- (1) Best Practices Registry - Registry of best practices in suicide prevention co-produced with the American Foundation for Suicide Prevention.
- (2) Training institute - Face-to-face workshops, webinars, and online self-paced courses.
- (3) Publications - Toolkits, guides, research summaries, and information sheets on a variety of suicide prevention topics.
- (4) E-newsletter and social media - News, funding and research updates, and announcements in their e-mail newsletter The Weekly Spark, and presence on Facebook and Twitter.
- (5) Library - Extensive collection of manuals, reports, and articles on suicide prevention.
- (6) Partnership building: Bringing together health and mental health providers to strengthen their capacity to prevent suicide among their patients and clients.
- (7) Technical assistance - Help and tools for state, tribal, community, and campus suicide prevention organizations and coalitions, including recipients of Garrett Lee Smith youth suicide prevention grants.

j) **The Jason Foundation:**

<http://jasonfoundation.com/about-us>

The Jason Foundation, Inc. (JFI) is dedicated to the prevention of the Silent Epidemic of youth suicide through educational and awareness programs that equip young people, educators/youth workers, and parents with the tools and resources to help identify and assist at-risk youth.

k) **The Jed Foundation:**

[www.jedfoundation.org/about](http://www.jedfoundation.org/about)

The Jed Foundation's mission is to promote emotional health and prevent suicide among college and university students. To achieve this end, the organization collaborates with the public and leaders in higher education, mental health, and research to produce and advance initiatives that:

- (1) Promote awareness and understanding that emotional well-being is achievable, mental illness is treatable and suicide is preventable
- (2) Increase knowledge of the warning signs of suicide and emotional distress
- (3) Foster help-seeking so that those who need supportive services reach out to secure them, or are referred to services by a peer
- (4) Build and strengthen resilience, coping skills and connectedness among young adults, their peers, families and communities
- (5) Facilitate adoption of a comprehensive, community-based approach to promote emotional health and protect at-risk students on campus

## N.C. Division of Public Health, Injury and Violence Prevention Branch Crisis Resources

### *2015 NORTH CAROLINA SUICIDE PREVENTION PLAN*

- (6) Raise the importance of mental health services, policies and programs in the college selection process of students and parents

l) **The Trevor Project:**

[www.TheTrevorProject.org](http://www.TheTrevorProject.org)

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, and questioning (LGBTQ) young people ages 13 - 24.

m) **U.S. Department of Veteran Affairs:**

[www.va.gov](http://www.va.gov)

Provides resources to veterans, family members, spouses, employees and businesses who work with veterans. Their website provides information and access to information on a variety of mental health issues, veteran benefits, burial and memorial services, service providers and locations.

n) **Veterans Crisis Line:**

<http://veteranscrisisline.net/GetHelp/ResourceLocator.aspx>

This website connects veterans, active duty, reserve and guards, or family and friends to suicide prevention resources, including the ability to locate suicide prevention coordinators, crisis centers, VA medical centers, Veterans Benefits Administration offices, Veterans Centers and outpatient clinics. **1-800-273-8255 or text to 838255**

**B. Mental Health Resources:**

**1. North Carolina Mental Health Resources:**

a) **Center for Child and Family Health:**

[www.ccfhnc.org/about.php](http://www.ccfhnc.org/about.php)

Center for Child and Family Health strives to define, practice, and disseminate the highest standards of care in the field of prevention and treatment of childhood trauma. The Center for Child and Family Health uniquely integrates community-based practice and academic excellence. Their professionals utilize multidisciplinary measurable approaches for professional training and research related to child traumatic stress.

b) **North Carolina Division of Mental Health, Developmental Disabilities, and Substance Abuse Services (DMH/DD/SAS):**

[www.ncdhhs.gov/mhddsas](http://www.ncdhhs.gov/mhddsas)

The N.C. Division provides strategic and operational leadership and oversight to the public mental health, developmental disability, and substance abuse service system. The Community Policy Management Section is primarily responsible for leadership, guidance, and management of relationships with local management entities (LME/MCOs). LME/MCOs are where people go to find information on receiving mental health, developmental disability, or substance abuse services. They are available 24 hours a day. LME/MCO by county: [www.ncdhhs.gov/mhddsas/lmeonblue.htm](http://www.ncdhhs.gov/mhddsas/lmeonblue.htm). The Division also operates the Crisis Solutions Coalition, which works statewide to decrease the use of emergency departments and increase access to other services to help

## N.C. Division of Public Health, Injury and Violence Prevention Branch Crisis Resources

### *2015 NORTH CAROLINA SUICIDE PREVENTION PLAN*

individuals resolve the crisis and get back to their homes, families, friends, and work. Learn more at <http://crisissolutionsnc.org>.

c) **Josh's Hope Foundation:**

<http://joshshopefoundation.org>

Josh's Hope Foundation works with young adults who have serious mental-health issues, helping them identify resources, build skills, and develop plans to successfully transition to adulthood.

d) **Mental Health Associations:**

Mental Health Associations are non-profit organizations that serve to educate, advocate and support people affected by mental illness. They also provide education to the communities in which they serve. Several exist throughout North Carolina, including the following regions:

- (1) Mental Health Association of Central Carolinas, Inc. [www.mhacentralcarolinas.org](http://www.mhacentralcarolinas.org)
- (2) Mental Health Association in Forsyth County <http://triadmentalhealth.org>
- (3) Mental Health America of the Triangle <http://mhatriangle.org>
- (4) Mental Health Association in Greensboro [www.mhag.org](http://www.mhag.org)

e) **National Alliance on Mental Illness in North Carolina (NAMI-NC):**

<http://naminc.org>

The mission of National Alliance on Mental Illness (NAMI) North Carolina is to promote recovery and optimize the quality of life for those affected by mental illness. They provide support, advocacy, education, and training through their nearly 40 affiliates across the state of North Carolina.

f) **North Carolina Collaborative for Children, Youth and Families:**

[www.nccollaborative.org](http://www.nccollaborative.org)

The North Carolina State Collaborative for Children and Families, through a System of Care framework, provides a forum for collaboration, advocacy, and action among families, public, and private child and family serving agencies and community partners to improve outcomes for all children, youth, and families.

g) **North Carolina Consumer Advocacy Networking and Support Organization:**

<http://nccanso.org/living-well>

The North Carolina Consumer Advocacy, Networking, and Support Organization (N.C. CANSO) is dedicated to enriching the lives of people who have lived with developmental disabilities, psychiatric illness, or addiction through the life-empowering mechanisms of education, advocacy, and support.

h) **North Carolina Families United:**

[www.ncfamiliesunited.org](http://www.ncfamiliesunited.org)

N.C. Families United supports and unites the voices of children, youth, and families with mental health concerns to educate, support, and advocate for improved services and lives. They offer resources, mentoring, and supports for youth and families.

## N.C. Division of Public Health, Injury and Violence Prevention Branch Crisis Resources

### *2015 NORTH CAROLINA SUICIDE PREVENTION PLAN*

i) **North Carolina Infant Mental Health Association:**

[www.ncimha.org](http://www.ncimha.org)

The North Carolina Infant and Young Child Mental Health Association is a statewide interdisciplinary nonprofit organization that promotes this strong foundation for infants, toddlers, young children, and their caregivers through public awareness, advocacy, and professional development.

j) **North Carolina Mental Health Consumers Organization:**

[www.ncmhco.org](http://www.ncmhco.org)

The mission of the North Carolina Mental Health Consumers Organization is to promote mutual help, advocacy, insight, support, socialization, and empowerment for people living with mental illness.

2. **National Mental Health Resources:**

a) **Mental Health Association**

[www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)

Mental Health America is dedicated to promoting mental health, preventing mental, and substance use conditions and achieving victory over mental illnesses and addictions through advocacy, education, research, and service.

b) **National Child Mental Health Network:**

[www.cmhnetwork.org/news/national-childrens-mental-health-awareness-day-2012](http://www.cmhnetwork.org/news/national-childrens-mental-health-awareness-day-2012)

National Child Mental Health Network provides information focused on children's mental health care.

c) **National Child Traumatic Stress Network:**

[www.nctsnet.org](http://www.nctsnet.org)

The mission of the National Child Traumatic Stress Network is to raise the standard of care and improve access to services for traumatized children, their families, and communities throughout the United States.

d) **National Alliance on Mental Illness (NAMI):**

[www.nami.org](http://www.nami.org)

National Alliance on Mental Illness (NAMI), the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports, and research and is steadfast in its commitment to raise awareness and build a community for hope for all of those in need. NAMI is the foundation for hundreds of NAMI State Organizations, NAMI Affiliates and volunteer leaders who work in local communities across the country to raise awareness and provide essential and free education, advocacy, and support group programs.

e) **Substance Abuse and Mental Health Services Administration (SAMHSA):**

[www.samhsa.gov/prevention/suicide.aspx](http://www.samhsa.gov/prevention/suicide.aspx)

SAMHSA is a branch of the U.S. Department of Health and Human Services. SAMHSA's Suicide Prevention Goal is to provide individuals, families, professionals, and

## N.C. Division of Public Health, Injury and Violence Prevention Branch Crisis Resources

### *2015 NORTH CAROLINA SUICIDE PREVENTION PLAN*

organizations with information and resources to seek help, provide assistance, and/or implement suicide prevention programs in their communities. This website provides links to call centers, resource centers, and suicide prevention webinars.

#### **C. Resources Related to Suicide Disparities:**

In North Carolina, available data identify that youth, members of the armed forces and veterans, and individuals who identify as lesbian, gay, or bisexual may be at increased risk of suicide or suicidal behavior. This section includes North Carolina or national resources available for these three groups and for individuals with medical conditions.

##### **1. North Carolina Resources for Youth:**

###### **a) Center for Child and Family Health:**

[www.ccfhnc.org/about.php](http://www.ccfhnc.org/about.php)

Center for Child and Family Health strives to define, practice, and disseminate the highest standards of care in the field of prevention and treatment of childhood trauma. The Center for Child and Family Health uniquely integrates community-based practice and academic excellence. Their professionals utilize multidisciplinary measurable approaches for professional training and research related to child traumatic stress.

###### **b) North Carolina Collaborative for Children, Youth, and Families:**

[www.nccollaborative.org](http://www.nccollaborative.org)

The North Carolina Collaborative for Children and Families, through a System of Care framework, provides a forum for collaboration, advocacy, and action among families, public and private child and family serving agencies, and community partners to improve outcomes for all children, youth, and families.

###### **c) North Carolina Families United:**

[www.ncfamiliesunited.org](http://www.ncfamiliesunited.org)

N.C. Families United supports and unites the voices of children, youth, and families with mental health concerns to educate, support, and advocate for improved services and lives. They offer resources, mentoring, and supports for youth and families.

###### **d) North Carolina Infant Mental Health Association:**

[www.ncimha.org](http://www.ncimha.org)

The North Carolina Infant Mental Health Association is a statewide interdisciplinary nonprofit organization that promotes this strong foundation for prenatal to five years old and their caregivers through public awareness, advocacy and professional development.

###### **e) North Carolina SAYSO (Strong Able Youth Speaking Out):**

[www.saysoinc.org](http://www.saysoinc.org)

Strong Able Youth Speaking Out is a statewide association of youth aged 14 to 24 who are or has been in the out-of-home care system that is based in North Carolina.

## N.C. Division of Public Health, Injury and Violence Prevention Branch Crisis Resources

### *2015 NORTH CAROLINA SUICIDE PREVENTION PLAN*

f) **Our Children's Place:**

<http://ourchildrensplace.com>

Our Children's Place (OCP) is a private nonprofit agency committed to the children of incarcerated parents.

g) **Students Against Destructive Decisions - North Carolina State Chapter:**

[www.doa.state.nc.us/yao/ncsadd.aspx](http://www.doa.state.nc.us/yao/ncsadd.aspx)

N.C. SADD has more than 300 SADD chapters across the state. The chapters carry out projects during the school year such as seat belt checks of students driving to school, compliance checks of sales to minors, prevention activities at sports events, alcohol-free prom and graduation projects, school assemblies and community projects focusing on highway safety and underage drinking and drug prevention. The cornerstone of SADD's philosophy is student empowerment. Empowered students are confident, able to create change and control behavior in the effort to promote healthy and productive lifestyles. SADD empowers youth by giving them the resources and support to make healthy choices when confronted with challenges and difficult decisions.

2. **National Resources for Youth:**

a) **National Child Traumatic Stress Network**

[www.nctsn.org](http://www.nctsn.org)

The mission of the National Child Traumatic Stress Network is to raise the standard of care and improve access to services for traumatized children, their families, and communities throughout the United States.

b) **SAVE - Suicide Awareness\Voices of Education:**

[www.save.org](http://www.save.org)

The mission of SAVE is to prevent suicide through public awareness and education, reduce stigma, and serve as a resource to those touched by suicide.

3. **National Resources for Members of the Armed Forces and Veterans:**

a) **KBHC Kristin Brooks Hope Center**

[www.hopeline.com/aboutus.html](http://www.hopeline.com/aboutus.html)

KBHC's focus is on suicide prevention, awareness, and education. They provide help and hope through crisis hotlines (including Vet2Vet), online crisis chat, a musical outreach tour and college campus awareness events. **1-800-442- HOPE (1-800-442-4673)**

b) **Veterans Crisis Line:**

<http://veteranscrisisline.net/GetHelp/ResourceLocator.aspx>

This website connects veterans, active duty/reserve and guards and/or family and friends to suicide prevention resources, including the ability to locate suicide prevention coordinators, crisis centers, VA medical centers, Veterans Benefits Administration offices, Vet Centers, and outpatient clinics. **1-800-273-8255 or text to 838255**

## N.C. Division of Public Health, Injury and Violence Prevention Branch Crisis Resources

### *2015 NORTH CAROLINA SUICIDE PREVENTION PLAN*

c) **U.S. Department of Veteran Affairs:**

[www.benefits.va.gov/benefits](http://www.benefits.va.gov/benefits)

Provides resources to veterans, family members, spouses, employees, and businesses who work with veterans. Their website provides information and access to information on a variety of mental health issues, veteran benefits, burial, and memorial services, service providers and locations.

4. **North Carolina Resources for Individuals with Medical Conditions:**

a) **North Carolina Division of Aging and Adult Services:**

[www.ncdhhs.gov/aging](http://www.ncdhhs.gov/aging)

The N.C. Division of Aging and Adult Services (DAAS) works to promote independence and enhance the dignity of North Carolina's older adults, people with disabilities, and their families through a community-based system of opportunities, services, benefits, and protections; to ready younger generations to enjoy their later years; and to help society and government plan and prepare for the changing demographics.

b) **North Carolina Division of Services for the Deaf and the Hard of Hearing:**

[www.ncdhhs.gov/dsdhh](http://www.ncdhhs.gov/dsdhh)

The N.C. Division of Services for the Deaf and the Hard of Hearing (DSDHH) provides not only direct services to individuals with hearing loss and the agencies and businesses that serve them but also the resources and linkages to programs and services all across North Carolina. DSDHH's specially trained staff, many of whom are deaf, hard of hearing, or deaf-blind, are housed at its seven Regional Centers located throughout the state. Thanks to their specialized and critical support, many North Carolinians with hearing loss are leading self-sufficient, productive, and fulfilling lives.

c) **North Carolina Division of Services for the Blind:**

[www.ncdhhs.gov/dsb](http://www.ncdhhs.gov/dsb)

The N.C. Division of Services for the Blind (DSB) has a long and rich history of services to the blind and visually impaired residents of the State. DSB is able to offer these services through cooperative efforts from Federal, State and County resources. Blind and visually impaired people as well as people with vision and hearing loss have benefited from our long partnership with the Lions Clubs and other consumer and advocacy groups throughout the State. The Division provides services statewide through staff in seven DSB District Offices and Social Workers for the Blind located in all North Carolina counties.