

WHERE TO CALL FOR ADDITIONAL HELP

Contact the following organizations for referrals, for assistance in implementing your program, and/or to order additional educational materials on depression and suicide prevention.

American Academy of Child and Adolescent Psychiatry: (800) 333-7636

Call or visit www.aacap.org for referrals or information, including *Facts for Families*, a series of fact sheets that include information on depression, teen suicide, health insurance, how to seek help, and other topics.

American Association of Suicidology: (202) 237-2280

Call for written material on suicide and suicide prevention or visit www.suicidology.org

American Foundation for Suicide Prevention: (888) 333-AFSP (2377)

For more information on suicide prevention, call toll free or visit www.afsp.org

American Psychiatric Association: (703) 907-7300

Contact national office for information on depression or visit www.psych.org

American Psychological Association: (800) 964-2000

Call for a local referral to a psychologist. For additional materials about depression, visit the APA Help Center at www.helping.apa.org

Depression and Bipolar Support Alliance: (800) 826-3632

Call national organization for local chapters and written information on depression or visit www.dbsalliance.org

National Alliance for the Mentally Ill: (800) 950-NAMI (6264)

Call Help Line for local support group and/or additional materials on depression, or visit www.nami.org

National Association of Social Workers: (202) 408-8600

Contact your local chapter or visit www.socialworkers.org. To find a Social Worker or for educational materials for consumers, go to: <http://www.helpstartshere.org>.

National Institute of Mental Health: (866) 615-6464

Public domain materials are available in multiple formats, for browsing online, downloading in PDF, and ordering brochures through the mail, visit www.nimh.nih.gov.

National Mental Health Association: (800) 969-NMHA (6642)

Call for local referral and written information on depression or visit www.nmha.org

National Suicide Prevention Lifeline: (800) 273-TALK (8255)

Provides immediate assistance to individuals in suicidal crisis by connecting them to the nearest available suicide prevention and mental health service provider www.suicidepreventionlifeline.org

Suicide Prevention Resource Center (SPRC): (877) GET-SPRC (438-7772)

Provides prevention support, training, and resources to assist organizations and individuals to develop suicide prevention programs, interventions and policies, and to advance the National Strategy for Suicide Prevention. Includes materials for students, parents, school staff, and others. Includes state suicide data on state pages www.sprc.org.

Substance Abuse and Mental Health Services Administration: (800) 729-6686

Provides the largest Federal source of public domain information about mental health research, treatment, and prevention available to the public, www.samhsa.gov. Visit SAMHSA's Center for Mental Health Services Locator www.mentalhealth.samhsa.gov/databases/default.asp. This Locator provides comprehensive information about mental health services and resources near the location you specify and is useful for professionals, consumers, families, and the public.

USEFUL RESOURCES AND LINKS

School Suicide Prevention

- *Preventing Suicide, A Resource for Teachers and Other School Staff*, World Health Organization, www.who.int/mental_health/media/en/62.pdf
- *Safeguarding our Children: An Action Guide*. Dwyer, K. and Osber, D. 2000. www.ed.gov/admins/lead/safety/actguide/action_guide.pdf
- *Center for Mental Health in Schools at UCLA: (866) 846-4843*
A wide range of educational and training materials available at <http://smbhp.psych.ucla.edu>
- **The Youth Suicide Prevention School-Based Guide, NOVA**
Provides resources and information that school administrators can use to enhance or add to their existing suicide prevention program <http://theguide.fmbi.usf.edu/>

Suicide Prevention Resource Center (SPRC) provides prevention support, training, and resources to assist organizations and individuals to develop suicide prevention programs, interventions and policies, and to advance the National Strategy for Suicide Prevention www.sprc.org

Centers for Disease Control, Youth Risk Behavior Survey Includes state data reports, online comprehensive results, slide set, <http://www.cdc.gov/HealthyYouth/yrbs/index.htm>

Practice Parameter for the Assessment and Treatment of Children and Adolescents With Suicidal Behavior, Shaffer, Pfeffer, et al. *J. Am. Acad. Child Adolesc. Psychiatry*, 40:7 Supplement, July, 2001. See: www.aacap.org/clinical/suicide.htm

Treating Self-Injury : A Practical Guide Barent Walsh, PhD. "Treating Self-Injury: A Practical Guide" © 2005 by Barent Walsh, all rights reserved, published by Guilford Press, New York, NY. Order the book at your local bookstore, online at www.guilford.com or www.amazon.com, or call 800-365-7006.
Email: barryw@thebridgecm.org Phone: 508.755.0333

Helping America's Youth A nationwide effort, initiated by President George W. Bush and led by First Lady Laura Bush, to benefit children and teenagers by encouraging action in three key areas: family, school, and community. The *Community Guide to Helping America's Youth* helps communities build partnerships, assess their needs and resources, and select from program designs that could be replicated in their community. <http://www.helpingamericasyouth.gov/default.htm>

Creating Change

- *The Change Book and the Change Book Workbook* Step-by-step handbook includes the Principles, Steps, Strategies and Activities for achieving effective change including an educational workbook to put the principles into practice. <http://www.nattc.org/resPubs/changeBook.html>
- *Transtheoretical Model of Change*, a stage based change model that matches change principles and processes to each person's stage of change and guides individuals through the change process <http://www.prochange.com>

Fundraising

Ask and You and Will Receive: A Fundraising Guide for Suicide Prevention Advocates A 14-page document that presents new ways to think about generating support for your suicide prevention efforts. Suicide Prevention Resource Center (SPRC) and SPAN USA (Suicide Prevention Action Network) <http://library.sprc.org/item.php?id=118842>, 2005.

USEFUL RESOURCES AND LINKS

Responding to Crisis at a School *Center for Mental Health in Schools at UCLA. (2005). A resource aid packet on responding to a crisis at a school. Los Angeles, CA: Author. Revised November 2005. Copies may be downloaded from:*
<http://smhp.psych.ucla.edu>

Postvention Resources:

Project SERV (School Emergency Response to Violence)

<http://www.ed.gov/programs/dvppserv/index.html>

Project SERV provides education-related services to school districts where the learning environment has been disrupted due to a violent or traumatic crisis. Funds may be used to assist schools facing an undue financial hardship in providing extraordinary services due to an event that has had a traumatic affect on the learning environment. This program offers short-term and long-term assistance to local education agencies (LEAs) to recover from a violent or traumatic event in which the learning environment has been disrupted. Immediate services assistance covers up to 60 days from the date of the incident. Extended services assistance covers up to one year from the incident.

The U.S. Department of Education Emergency Planning (DOE)

<http://www.ed.gov/admins/lead/safety/emergencyplan/index.html>

DOE has unveiled this new web designed to be a one-stop shop that provides school leaders with information they need to plan for any emergency, including natural disasters, violent incidents and terrorist acts.

Postvention Guidelines for Schools, American Association for Suicidology

Using SOS as Postvention, PowerPoint presentation by Scott Poland, available at
www.mentalhealthscreening.org/highschool

Suicide Prevention Resource Center Survivor Information and Resources, Survivors page, see:
www.sprc.org/featured_resources/customized/survivors.asp

"Case Study: Nebraska School District Responds in Aftermath of Suicide Cluster", Poland & Lieberman, NewsLink, a publication of the American Association of Suicidology, 2004.