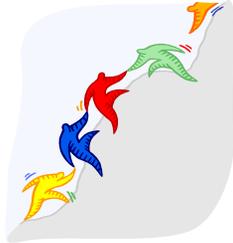


Suicide Prevention Resource Guide *for the South Plains*



Coming Together To Care

Suicide in Texas is a serious public health concern—and one that might be addressed successfully through a coordinated and comprehensive approach aimed at prevention.

Consider the toll it is taking on our state:

- Slightly more than six Texans die from suicide each day with more deaths overall by suicide than by homicide.
- Suicide is the 10th leading cause of death for Texans and the third leading cause of death among youth ages fifteen to twenty-four, and the second leading cause of death for college age students.
- Regardless of age, males are more likely to die because of suicide than females.
- Suicide rates (number of deaths per 100,000 population) tend to be highest among senior Texans and the largest numbers of deaths by suicide tend to be in the middle ages.
- Suicide cuts across all ages, all ethnicities and both genders. Although Anglo white males have had the highest suicide rates, in Texas we have seen an increase in deaths by suicide for young African American males and an increase in deaths by suicide for middle aged women.
- National surveys indicate that Hispanic female teens report the highest number of suicide attempts, and Texas has more reported attempts for this group than those reported nationally.

www.texassuicideprevention.org

SUPPORT

HEARTBEAT

A support group that provides support toward resolving your feelings of: responsibility, guilt, self-doubt, failure, rejection, shame, anger, hostility, fears, and your search for answers.

HEARTBEAT helps survivors absorb the impact of their loss, and to offer the comfort of empathetic understanding and acceptance. **HEARTBEAT** recognizes that great strength and healing are gained by using one's own painful growth in support of others. **HEARTBEAT** cannot take away your pain, but we can share it in an atmosphere of love, acceptance and reinforcement and direct you toward healing through this very complicated grieving process.

Lakeridge United Methodist Church, 4701 82nd Street, Lubbock
Second Wednesday of every month at 6:30 p.m.

FREE CHILD CARE AVAILABLE.

*Please call the CONTACT LUBBOCK offices at (806) 765-8393 to let us know if you are planning to attend this support group.

COMPASSIONATE FRIENDS, LUBBOCK CHAPTER

806-401-7039 CFLubbock@gmail.com

The Compassionate Friends is a national organization that provides comfort, hope, and support to families experiencing the death of a child, sibling, or grandchild, as well as those who want to assist the grieving family. The Lubbock Chapter meets at 7 pm on the first Tuesday of each month. Call for location and additional information. www.compassionatefriends.org

SUPPORT

CONTACT LUBBOCK CRISIS LINE

806-765-8393

1-800-SUICIDE (800-784-2433)

1-800-SUICIDA (800-784-2432)

ALL CALLS ARE FREE AND CONFIDENTIAL

YAH (Youth America Hotline) 1-877-968-8454

Founded in 2003 by the Kristin Brooks Hope Center it is the only teen-to-teen peer counseling network in the world.

www.youthline.us

National Suicide Prevention Lifeline 1-800-273-TALK

www.suicidepreventionlifeline.org

Suicide Hotline in Spanish: 1-800-273 TALK (press 1)

LGBTQ - The Trevor Lifeline

866-488-7386

Suicide and crisis helpline for lesbian, gay, bisexual, transgender and questioning youth.

www.thetrevorproject.org

After Suicide: A Toolkit for Schools

www.sprc.org/library/AfteraSuicideToolkitforSchools.pdf

Abilene Behavioral Health

4225 Woods Place, Abilene

(800) 335-3498

Lubbock Assessment Center

#5 Briercroft Office Park, Lubbock

(325) 733-2320 (for no cost, no obligation assessment)

A crisis stabilization hospital providing inpatient as well as out-patient treatment. Lubbock Assessment Center and a 24/7 Mobile Assessment Team that is available to the entire South Plains region. Provides a children and adolescent program for ages 5 to 17 as well as an adult and senior program. Provides chemical dependency treatment for adolescents and adults on an inpatient basis. Covers 61 counties.

www.abilenebehavioralhealth.com

Allegiance Behavioral Health Hospital

2601 Dimmitt Rd, Plainview

(806) 296-9191

Acute inpatient psychiatric facility specializing in the treatment of older adults with emotional, mental and behavioral issues. Treats ages 55 and older. Available 24/7 for free, confidential assessments across West Texas. Transportation is provided to the hospital upon discharge. Referrals accepted at the number above. Covers the Texas Panhandle, Texas Panhandle Plains and the South Plains.

* See also Inspirations Outpatient Counseling Center*

Brownfield Regional Medical Center ER

705 East Felt Street, Brownfield

(806) 637-7911 (direct ER number)

Emergency Room staff and nursing administration can provide prevention and/or volunteers. They offer help to identify suicide attempts.

Resources for Education and Prevention

Canyon Lakes Residential Treatment Center

2402 Canyon Lake Dr., Lubbock

(806) 762-5782

Provide quality residential and day treatment care for children and adolescents who have serious emotional and behavioral problems and have not responded to traditional outpatient therapy.

www.canyonlakesrtc.com

Catholic Diocese of Lubbock

4620 Fourth St., Lubbock

(806) 792-3943

Youth ministries; coordinates with Catholic Charities for counseling; Victim Assistance Coordinator for victims of clergy or church minister abuse; Marriage and Family Life Office offers support for healthy families.

www.catholiclubbock.org

Children's Advocacy Center

720 Texas, Lubbock

(806) 740-0251

Conduct interviews for law enforcement and CPS; free counseling for families in their program; assessment of suicide risk.

www.cacofsp.org/

Community Health Center of Lubbock

1318 Broadway, Lubbock

(806) 765-2611 Ext. 2013

Provides individual, couple, and family therapy for patients of the Community Health Center of Lubbock (must receive referral from CHCL medical provider to receive mental health services).

CE Quick powered by essential learning:

Triage Training Package

Teach crisis workers, nurses, police officers, and case managers how to interview potentially suicidal persons & determine risk of suicide & what to do to immediately reduce risk of a suicide attempt. Cost \$125.00

Suicide Risk Assessment Package

Teach behavioral health, chemical dependency, and medical professionals that are medically and legally responsible for client safety how to use a suicide risk assessment method and documentation system. Cost \$140.00

www.cequick.com

Via Hope:FREE Suicide Prevention Training for Teachers

At-Risk is a Kognito web based automated training program free to all teachers in Texas. www.mhatexas.org/?page_id=705 - TEA school 'code' has to be entered along with school zip code. Others, outside a school, can view a 'demo only' version.

National Center for Suicide Prevention Training

www.sprc.org/

Administered in collaboration with the Suicide Prevention Resource Center. Offers four workshops:

- #1: Locating, Understanding, and Presenting Youth Suicide Data
- #2: Planning and Evaluation for Youth Suicide Prevention
- #3: Youth suicide prevention: An introduction to gatekeeping
- #4: The Research Evidence for Suicide as Preventable Public Health

America Association of Suicidology

www.suicidology.org

Offers four types of training opportunities: Crisis Workers training, Crisis Center training, Forensic Suicidologist & School Professional training.

American Foundation for Suicide Prevention

Not-for-profit organization dedicated to understanding and preventing suicide. www.afsp.org

- Out of the Darkness Walks (www.outofthedarkness.org)

Resources for Education and Prevention

BULLIES2BUDDIES

A pro-active common sense approach to stop bullying, based on the GOLDEN RULE. Program turns victims of bullying into confident and strong students in charge of their own lives. Ideal for K-12. Presented in a classroom setting. Kids are involved in role play and learn skills for life. Call Contact Lubbock 806-765-8393 for more information.

Ask 4 Help! Suicide Prevention for Youth

Yellow Ribbon Suicide Prevention Program

www.yellowribbon.org

One hour school-based curriculum that provides students with knowledge that may increase help-seeking for themselves or on behalf of others. A central feature of the curriculum is the *Ask 4 Help!* wallet card. School teachers, staff, and administrators should be trained in basic suicide prevention prior to implementing the student curriculum.

Texas Suicide Prevention

www.TexasSuicidePrevention.org

Coming Together to Care—A Suicide Prevention and Postvention Toolkit for Texas Communities

iPhone App

This app was developed from a non-proprietary suicide prevention training program called ASK (ASK about suicide / Seek more information / Know where to refer) which was also developed by Mental Health America of Texas. The suicide prevention app is supported by the Texas Department of State Health Services and the Substance Abuse and Mental Health Services Administration.

<http://itunes.apple.com/us/app/ask-prevent-suicide/id419595716?mt=8>

Click the link to open iTunes and download, or search "suicide prevention" in the App Store on your iPhone or iPod Touch.

CONTACT Lubbock

(806) 765-8393

Suicide Crisis intervention and prevention, school program - CHOICES, hot line for suicide crisis intervention and prevention, anti-bullying programs, QPR (Question, Persuade, Refer) training; Heartbeat program for survivors of suicide.

www.contactlubbock.org

Covenant Counseling Center

1302 Broadway, Lubbock

(806) 725-5443

Licensed professional counselors are available for a variety of counseling services. Counseling provided on Sliding Fee Scale to those who financially qualify. This is a Care for the Poor program.

www.covenanthealth.org/AboutUs/communityhealth/communityoutreach

Covenant Medical Center Emergency Department

3516 19th Street, Lubbock

(806) 725-3069 (non-emergencies)

Participate in Regional Advisory Council and Emergency Room Nurse Association which can provide prevention program volunteers, help to identify number of suicide attempts and offer a course on psychiatric emergencies in children.

Department of Family and Protective Services

Children's Protective Services

1622 10th St., Lubbock

(806) 762-8922

Child Abuse Coalition; participates in Child Fatality Review Team for South Plains

www.dfps.state.tx.us

Department of State Health Services, HSR 1

6302 Iola Ave, Lubbock (806) 783-6482

Provides education and training to 41 counties in the Panhandle and South Plains. www.dshs.state.tx.us/region1

Inspirations Outpatient Counseling Center (two locations)

2207 W. 24th St., Plainview (806) 293-9898

1003 S. Auburn Ave., Lubbock (806) 746-5900

Outpatient counseling services designed especially for older adults. Services during the day which allow patients to return to their homes in the afternoon. Catered lunch and snacks are provided between sessions. Group and individual therapy is offered as well as therapeutic activities, education and coping skills for the patients' current situation. Transportation is provided. Referrals accepted at the number above.

See also Allegiance Behavioral Health Hospital

Lubbock Christian University Counseling Center

5601 19th St., Lubbock (806) 720-7478

Focuses on helping students function and develop in the stimulating and stressful environment of college. Problems range in intensity from relatively mild distress to severe and chronic psychological disorders. www.lcu.edu

Lubbock-Cooper ISD

16302 Loop 493, Lubbock

(806) 863-7100

Offers parent training

Lubbock County Juvenile Justice Center

2025 N. Akron, Lubbock (806) 775-1800

Provides mental health services, behavioral health team, work with LISD, contracts with 18 counties, provide an 8 hour mental health training (Mental Health 101)

Resources for Education and Prevention

The [ASK About Suicide to Save A Life](#) Gatekeeper Training is a non-proprietary suicide prevention gatekeeper training program based on best practice principles.

ASK About Suicide

To Save a Life includes the 3-step process of:

1. Ask About Suicide
2. Seek More Information and Keep Safe
3. Know how and where to refer

GOALS

Overall goal: enable the audience to become suicide prevention gatekeepers who:

1. Understand their role in the suicide prevention process
2. Know basic information about suicide
3. Believe that suicide can be prevented
4. Learn basic suicide intervention skills including:
 - Be able to recognize suicide related communications and understand more about underlying risk factors, protective factors and acute warning signs vs chronic warning signs.
 - Have the confidence to respond and ask the question.
 - Be familiar with the process and steps to seek more information.
 - Know how to identify key referral mechanisms available in their local community, in Texas and nationally.
 - Understand about the importance of developing policies and procedures for suicide prevention and postvention.
 - Understand how to assist in the aftermath of a suicide or "postvention."

To schedule a training, please contact Tricia Vowels at (806) 783-6482 or tricia.vowels@dshs.state.tx.us

Resources for Education and Prevention

CHOICES

The award winning program that educates youth and adults how to recognize the signals of suicide and how to seek help. "CHOICES" reinforces the realization that suicide is not the answer. There is always hope and there is always help. Talking about suicide is the FIRST step to prevention.

Available from CONTACT LUBBOCK at (806) 765-8393.

QPR

QPR stands for Question, Persuade, and Refer. Three simple steps that anyone can learn to help save a life from suicide.

As a QPR-trained Gatekeeper you will learn to:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

Available at www.qprinstitute.com

There are QPR-trained instructors in the South Plains community!

Contact Tricia Vowels at tricia.vowels@dshs.state.tx.us

Lubbock Police Dept.

916 Texas Ave, Lubbock (806) 775-2865

Work with Dr. Andy Young at Lubbock Christian University to provide an intervention team for support during tragedies. Work with volunteer crisis counselors. Offering a new 40 hour course for a Mental Health Peace Officer.

<http://police.ci.lubbock.tx.us/>

Lubbock Police Dept. Crisis Team

Group of 20+ volunteers who work Friday and Saturday night shifts and are on-call 24 hours/day. Assists with domestic disputes, intervention in suicide attempts, and offers family support.

<http://police.ci.lubbock.tx.us/community/crisisTeam.aspx>

Lubbock Regional MHMR

1950 Aspen Ave. Lubbock, Tx 79403 (806) 790-1048

CRISIS LINE: 806-740-1414

Provides a 24 hours/day crisis services including crisis intervention, facilitation of hospitalization, and crisis resolution. Mobile Crisis Outreach Team serves a five county area (Lubbock, Lynn, Hockley, Cochran, Crosby) and provides on-site crisis intervention services 24 hours /day. Work closely with law enforcement agencies. Provides short-term crisis services to individuals who do not meet criteria for inpatient hospitalization, but who can benefit from receiving intensive support over a period of a few days to a few weeks. We provide training on suicide prevention to various agencies, as well as intervention and post-vention services to individuals/agencies following a traumatic event.

www.lubbockmhmr.org

Managed Care Center

1715 26th St. Lubbock

(806) 780-8300 for outpatient services

(806) 797-8003 for residential services

Serves the 41 counties of Region 1

Residential detox services, men's residential treatment, women's residential treatment (specialized care for pregnant women and those with a child under the age of 18), outpatient substance abuse treatment, an HIV Early Intervention program and a program for individuals with co-occurring substance abuse and mental health concerns.

Services for youth include prevention programs, an alcohol awareness program for minors in possession and adolescent outpatient treatment services.

Prevention Resource Center and Community Coalition Programs provide education and information regarding substance abuse and assist communities in preventing the use and abuse of alcohol, tobacco and drugs.

www.mccaod.com

South Plains Association of Governments

1323 58th St., Lubbock

(806) 762-8721

Provide direct services to the elderly; hold Resources United quarterly meetings; produce the Red Book and house 2-1-1. (covers 15 counties)

www.spag.org

Terry County Juvenile Probation

Terry County Courthouse, Brownfield

(806) 637-6941

Serves a rural area; works closely with schools and CRCGs

Resources for Education and Prevention

Videos

*Available for loan from the Department of State Health Services in Lubbock or can be purchased from the websites below

The Truth About Suicide: Real Stories of Depression in College

This 27 minute film presents a recognizable picture of depression and other problems associated with suicide, as they are commonly experienced by college students and other young adults. Includes a Facilitator's Guide.

Available from American Foundation for Suicide Prevention: www.afsp.org

In the Mix

This 22 minute video about Depression...What YOU Can Do!

The video includes a group of diverse 13 year olds who discuss the question of what they would do if a friend confided they were cutting or thinking of suicide, and other issues.

Available from www.inthemix.org or www.castleworks.org

The Choking Game

DVD (19 minutes) and Teacher's Resource Book provides:

- An understanding of the choking game
- Several of the game's aliases
- Why the activity is so dangerous
- Information to recognize the serious and permanent consequences
- Description of risks
- How to react appropriately if pressured to participate
- Know what to do if a friend is participating

Available from Human Relations Media www.hrmvideo.com

Youth Videos ~ Stories of Help & Hope

Five youth 5 minute videos; youth tell their own stories of overcoming mental health issues and thoughts of suicide in their own words.

Available online at www.suicidepreventionlifeline.org

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Texas AgriLife

916 Main, Lubbock (806) 775-1680
Training in the schools about money management, nutrition, and diabetes; Classes for parents; 5th grade bullying curriculum; Conduct Parenting Coalition meetings; Coordinates the Building Strong Families Conference.
<http://texasextension.tamu.edu/>

**Texas School Health Network
ESC Region 17 School Health Specialist**

(covers 67 school districts in 20 counties)
1111 West Loop 289, Lubbock
(806) 792-4000
Available for aid in mental and social-emotional well-being promotion and suicide prevention awareness education; access to schools and school health advisory councils.
www.esc17.net

Texas Tech University Family Therapy Clinic

Human Sciences Building, Lubbock
(806) 742-3074
Located in the College of Human Sciences; provides individual, couples and family therapy; provides training for students, professional development; provides Survivors of Suicide program for compassion fatigue for professionals.
www.depts.ttu.edu/hs/mft/clinical_services.php

Texas Tech University Psychology Clinic

Psychology Building, 18th and Boston, TTU Campus
(806) 742-3711
Short- and long-term counseling and psychotherapy provided to individuals (children & adults), couples, and families; psychological and vocational assessments.

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Texas Tech University Health Service Center

Pediatric Clinics

3601 4th St, Lubbock (806) 743-7337

Provide counseling; Conduct training for health providers and make recommendations for mental health care; offer free counseling for children on Medicaid.

www.ttuhsu.edu/som/pediatrics/

TrustPoint Hospital

4302 Princeton St., Lubbock (806) 749-2222

Provide inpatient services for patients who are 55 and older; provide services for veterans. Work with nursing homes and provide family support.

www.trustpointhospital.com

U.S. Dept. of Veterans Affairs

6104 Ave. Q, Lubbock (806) 472-3400

The VA is reaching out to all veterans, family members and the community to educate everyone including professionals on suicide risk and prevention. We provide education, psychiatric services, counseling, intensive case management, treatment programs and referrals to veterans needing mental health services or who are at risk for self harm.

www.mentalhealth.va.gov

Lubbock Vet Center—Readjustment Counseling Svcs

50th Street and Flint Ave.

Lubbock, Tx 79412 (806) 792-9782

Vet Centers serve veterans and their families by providing professional readjustment counseling, community education, outreach to special populations, brokering of services with community agencies, and key access link between veterans and U.S. Dept. of Veterans Affairs.

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