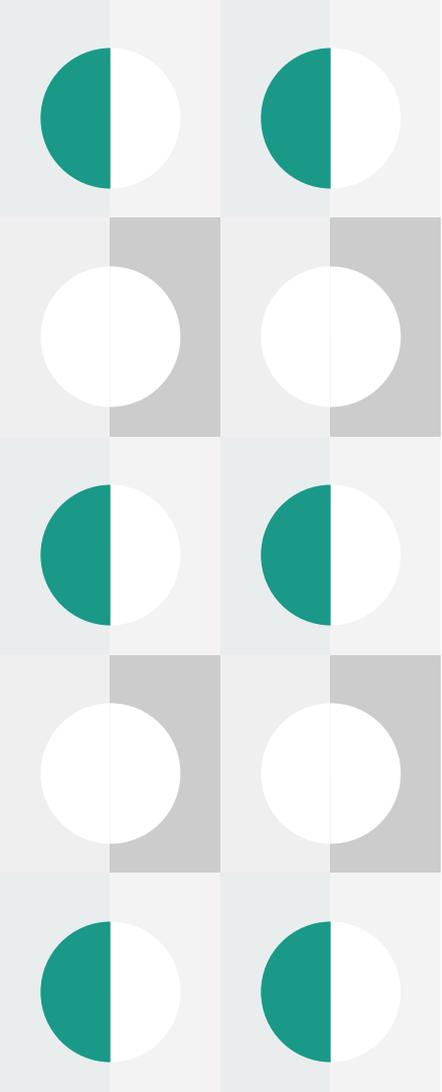


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# Mental Health Support and Suicide Prevention. Where to Find Help

In School Resources and Resources for Home.



**By the end of this presentation...You will know 4 Important things...**

1. Where to go for emotional support.
2. Where to get help for suicidal ideation for yourself or a friend.
3. What help looks like.
4. The telephone number for the National Suicide Prevention Hotline 1-800-273-TALK (8255)

# Life is Complicated...Getting Help is Not Complicated!



Finding Help in School is as easy as a visit to the School Counseling Office or CST Office.

You **CAN** - Reach out to your School Counselor or Case Manager.

You **CAN** - Reach out to a Trusted Adult (Teacher, Administrator, Counselor)

You **CAN** - Call or Text the Suicide Prevention Hotline. 1-800-273-8255 (TALK)

**Life is  
Complicated...Getting  
Help is Not  
Complicated!**

Finding Help at Home  
is as easy as 1,2,3.

1. You **CAN** - Tell a Trusted Adult
2. You **CAN** - Call the National  
Suicide Prevention Hotline  
1-800-273-8255 (TALK)
3. You **CAN** - Text the LIFELINE  
CHAT -

[Talk To Someone Now](#)

**NATIONAL**

**SUICIDE**



**PREVENTION**

**LIFELINE**

<sup>TM</sup>

**1-800-273-TALK (8255)**

[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)

# Should I Call The Lifeline?

People call to talk about a lot of things: substance abuse, economic worries, relationships, sexual identity, getting over abuse, depression, mental and physical illness, and loneliness, to name a few.

People call to get help for themselves or to find out about getting help for a friend.

No matter what problems you're dealing with, **whether or not you're thinking about suicide**, if you need someone to lean on for **emotional support**, call the Lifeline.

Talking with someone about your thoughts and feelings can save your life.

<https://suicidepreventionlifeline.org/talk-to-someone-now/>

# What Happens When I Call the Hotline?



When you first call, you will get an automated greeting with additional options. A person does not come on the line immediately.

After dialing **1-800-273-8255**, you will hear the following automated message:

*"You have reached the National Suicide Prevention Lifeline, also servicing the Veterans service line. If you are in emotional distress or suicidal crisis or are concerned about someone who might be, we're here to help. Please remain on the line while we route your call to the nearest crisis center in our network."*

Then, the call is routed to a local crisis center. Music will play. Wait times are usually under one minute, but they can be longer depending on the center's resources.

# Then What Happens?

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## **A trained crisis worker will answer the phone.**

The person you end up speaking to will be a skilled, trained worker from the crisis center — they may be a staff member, professional, or a volunteer. But everyone is required to go through the same training to answer the Lifeline

Crisis workers are trained to talk comfortably and calmly, use active listening, assess risk, and determine if a person is in danger. "They are able to listen to you and your emotions in a way that's non-judgmental and comforting so callers feel like they can trust the person on the other end of the line," Sinwelski said.

They will answer with a greeting, but the worker won't immediately ask you a specific set of questions. You can start the conversation however you want.

**Q: Can I call if I am worried about a friend?**



**A: Yes!**

**If you are calling about a friend or family member who is in distress, the person on the phone will walk you through how to help and provide resources.**



# What's That Number Again?

1-800-273-8255 (TALK)

1-800-273-TALK (8255)

1-800-273-8255 (TALK)

1-800-273-TALK (8255)

# Let's Review...4 Things

1

I can get help at school or home for myself or a friend by reaching out to my school counselor, case manager, teacher, parent, guardian, or any trusted adult.

2

I can call the suicide prevention lifeline if I am having thoughts of suicide and need help at 1-800-273-TALK (8255) or if I need help for a friend in need.

3

A trained professional will talk to me when I call and connect me to help.

4

I know the Lifeline number. It is **1-800-273-8255 (TALK)**

# Helpful Apps



<https://my3app.org/>

MY3 App allows you to stay connected if you are feeling suicidal.

You simply add 3 trusted people you can turn to for emotional support.

This app also stores the Suicide Prevention Helpline number for quick access.

It's as easy as 1, 2, 3 with no need to remember anything.

# SAFE SPACE:Tools and Resources

[https://www.vibrant.org/safespace/?\\_ga=2.195431086.384865406.1602517369-1968156127.1602517369](https://www.vibrant.org/safespace/?_ga=2.195431086.384865406.1602517369-1968156127.1602517369)

## Youth Resources

- Suicide Prevention Lifeline: 1-800-273-8255
- NJ Suicide Prevention Hopeline: 1-855-654-6735
- 2nd Floor Call or Text 1-888-222-2228
- TrevorLifeline: 1-866-488-7386
- Text Talk to 678678
- Crisis Text Line: text TALK, 741741
- American Foundation for Suicide Prevention:
  - <https://afsp.org/>