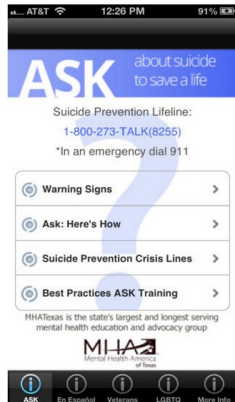


STOP Texas SUICIDES

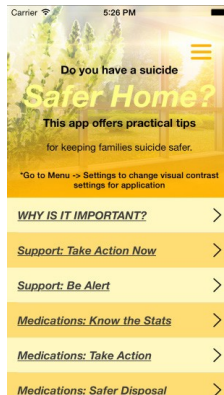
RESOURCES



FREE SUICIDE PREVENTION SMARTPHONE APPS – ON IPHONE AND ANDROID



The ASK (Ask About Suicide to Save a Life) App is designed to teach the warning signs and how to ask if someone is considering suicide.



The Suicide Safer Home App offers practical tips for concerned parents and caregivers for keeping families suicide safer.



The Hope Box App is an interactive tool for youth to collect and store messages and images of help and hope.

VIDEO TRAINING AND LESSON GUIDES

The Stories of Help and Hope video series contains inspirational videos and discussion guides featuring true stories of Texas high school, college students, active duty, veterans and their families. *Stories of Help and Hope* is a video-based tool to increase community capacity to support young people and adults who are at risk of suicide and suicide attempts.

<https://texassuicideprevention.org/training/video-training-lessons-guides/stories-of-help/>

MORE ONLINE RESOURCES

<https://TexasSuicidePrevention.org> offers the following resources:

- Suicide Prevention and Postvention Toolkits.
- Suicide Safer Schools Toolkit™.
- Information on State statutes related to suicide, suicide prevention, and bullying.
- Statewide and national resources.
- Training and education programs.

Texas Suicide Prevention Council
TexasSuicidePrevention.org
admin@texassuicideprevention.org
[@StopTXSuicides](https://twitter.com/StopTXSuicides) [Instagram](https://www.instagram.com/StopTXSuicides) [Facebook](https://www.facebook.com/StopTXSuicides) [YouTube](https://www.youtube.com/StopTXSuicides) [LinkedIn](https://www.linkedin.com/company/StopTXSuicides) [Pinterest](https://www.pinterest.com/StopTXSuicides) [TikTok](https://www.tiktok.com/@StopTXSuicides) [Twitch](https://www.twitch.tv/StopTXSuicides) [bit.ly/2UHgzlc](https://www.twitch.tv/StopTXSuicides)
A program of NAMI Texas



RESOURCES



ONLINE TRAINING

ASK
ASK About Suicide to Save a Life is a best practice gatekeeper training that teaches how to identify suicide risk factors, protective factors, warning signs & appropriate referral strategies. We offer two online training options: view ASK videos for online certification or view videos along with backup materials. Available at: <https://texassuicideprevention.org/training/video-training-lessons-guides/certification-training/>

CALM: COUNSELING ON ACCESS TO LETHAL MEANS
Counseling on Access to Lethal Means (CALM). Access to lethal means can determine whether a person who is suicidal lives or dies. This course helps providers develop effective safety plans for people at risk of suicide. Available at: <http://www.sprc.org/resources-programs/calm-counseling-access-lethal-means>

C-SSRS
The Columbia-Suicide Severity Rating Scale (C-SSRS) supports suicide risk assessment through a series of simple, plain-language questions that anyone can ask. The answers help users identify whether someone is at risk for suicide, assess the severity and immediacy of that risk, and gauge the level of support that the person needs. Available at: <http://cssrs.columbia.edu>

IN-PERSON TRAINING

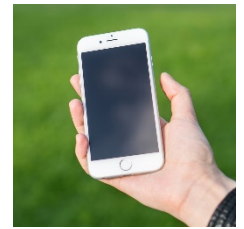
ASK
ASK About Suicide to Save a Life. This is a best practice gatekeeper training 1- to 4-hour workshop that teaches how to identify suicide risk factors, protective factors, warning signs & appropriate referral strategies.

ASK TOT OF WORKSHOP LEADERS
ASK About Suicide to Save A Life: Training of Workshop Leaders. This is an 8-hour intensive training of workshop leaders also requires pre-training review of study materials. As a best-practice-based gatekeeper training, the workshop teaches how to identify suicide risk factors, protective factors, warning signs & appropriate referral strategies.

CALM: COUNSELING ON ACCESS TO LETHAL MEANS
Counseling on Access to Lethal Means (CALM) and Counseling on Access to Lethal Means (CALM) for First Responders. Developed by Elaine Frank and Mark Clocca, this 1.5- to 2-hour workshop is designed to help participants implement counseling strategies to help people at risk for suicide and their families reduce access to lethal means, particularly (but not exclusively) firearms.

ASIST & SAFETALK
Applied Suicide Intervention Skills Training (ASIST) is a two-day workshop that teaches participants to carry out life-saving interventions for people at risk of suicide. Also by Living Works, safeTALK is a half-day alertness training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper.

Texas Suicide Prevention Council
TexasSuicidePrevention.org
admin@texassuicideprevention.org
[@StopTXSuicides](https://twitter.com/StopTXSuicides) [bit.ly/2UHgzlc](https://www.youtube.com/channel/UC...)
A program of NAMI Texas



IN-PERSON TRAINING — CONTINUED

MENTAL HEALTH FIRST AID

Mental Health First Aid is an 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders and Youth Mental Health First Aid is an 8-hour program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, teaches early intervention, and trains individuals how to help an adolescent in crisis or in a mental health challenge. Other MHFA courses available for specialized audiences such as military/vets/families and older adults.

SUICIDE SAFER HOMES

Suicide Safer Homes is a 1- to 4-hour training program on how to make your home suicide safer. The training provides practical tips to reduce access to lethal means of suicide for individual and groups with high risk. Designed for families, first responders, community organizations health and mental professionals.

SUICIDE SAFER SCHOOLS

Suicide Safer Schools' 1- to 4-hour workshops include steps and tools for policy development, suicide prevention, suicide postvention, pathways to care and ways to engage and enhance community collaboration.

POSTVENTION FOR SCHOOLS & COMMUNITIES

Postvention Training for Schools & Communities is a 1.5- to 2-hour workshop. The training shares best practice information for after an attempt or death by suicide to help prevent more deaths. School postvention goals include: support the grieving process, prevent imitative suicides, identify and refer at risk survivors, reducing identification with the victim, and re-establish a healthy school and community climate.



MENTAL HEALTH RESOURCES

National Suicide Prevention Lifeline (call or chat):

SuicidePreventionLifeline.org

1-800-273-TALK (8255)

Crisis Text Line: Text HOME to 741741



Crisis Lines - Texas HHSC Helpline
Dial 211 or call 1-877-541-7905
211texas.org

SAMHSA (Substance Abuse & Mental Health Services Administration)
www.samhsa.gov

NAMI Texas
www.NamiTexas.org

National Institute of Mental Health
www.nimh.nih.gov

Texas Youth Hotline: 1-800-989-6884
Text: 512-872-5777 / Chat:
www.dfps.state.tx.us/Youth_Hotline/

American Association of Child and Adolescent Psychiatry
www.aacap.org

Texas Suicide Prevention Council
TexasSuicidePrevention.org

American Foundation for Suicide Prevention
afsp.org

The Trevor Project (LGBTQ Youth)
Call: 1-866-488-7368
www.thetrevorproject.org

Texas Health and Human Services Commission
hhsc.texas.gov

Suicide Prevention Resource Center
www.sprc.org

American Association of Suicidology
www.suicidology.org