

Appendix B

Suicide Prevention Resource List

National Crisis Hotlines

(See also Table of Suicide Hotlines by Texas City and County below)

National Suicide Prevention Lifeline

<http://www.suicidepreventionlifeline.org>

1-800-273-TALK (8255)

TTY number: 1-800-799-4TTY (4889)

The hotline is staffed by trained counselors, available 24 hours a day, 7 days a week. Provides information about support services that can help you.

Girls & Boys Town National Hotline

<http://www.girlsandboystown.org>

800-448-3000

TTY line: 800-448-1833

The Girls and Boys Town National Hotline is a 24-hour crisis, resource and referral line. Accredited by the American Association of Suicidology, our Hotline is staffed by trained counselors who can respond to your questions every day of the week, 365 days a year. Over the past decade, more than 5 million callers have found help at the end of the line.

International Resources

Befrienders International

<http://www.befrienders.org/>

Befrienders International is a gateway to 1,700 suicide and emotional help lines worldwide and on the Internet.- Offers 24 hour, befriending services to those in emotional distress. They offer telephone, snail mail, and face-to-face befriending. They seem to have someone in every country Argentina -Zimbabwe to help you. Befrienders listen to people who are lonely, despairing or considering suicide. They don't judge them, don't tell them what to do. They listen.

International Association for Suicide Prevention (IASP).

<http://www.med.uio.no/iasp>

IASP is dedicated to preventing suicidal behavior, to alleviate its effects, and to provide a forum for academicians, mental health professionals, crisis workers, volunteers and suicide survivors.

Survivor Support

(See also Table of Survivors of Suicide Support Groups in Texas below)

Survivors of Suicide, Inc. (SOS)

<http://www.sossd.org>

This is a nonprofit, nonsectarian, self-help support group for those who have lost a relative or friend through suicide. This site maintains links to other related sites, a quarterly newsletter and volunteer opportunities.

Compassionate Friends

<http://www.compassionatefriends.com>

A national non-profit, the mission of The Compassionate Friends is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive. Has 575 chapters throughout the U.S.

Friends for Survival

<http://www.friendsforsurvival.org/>

P.O. Box 214463

Sacramento, CA 95821

Phone: (916) 392-0664

A national non-profit organization of people who have been affected by a death caused by suicide. Established in 1983, Friends for Survival is dedicated to providing a variety of peer support services that comfort those in grief, encourage healing and growth, foster the development of skills to cope with a loss and educate the entire community regarding the impact of suicide. All staff and volunteers have been directly impacted by a suicide death.

Organization for Attempters and Survivors of Suicide in Interfaith Services (OASSIS).

<http://www.oassis.org>

Founded in 1997, OASSIS is a 501(c)3 non-profit organization whose mission it to enrich the lives of those who have been and will be touched by suicide. OASSIS works to prevent suicide, increase awareness and remove the stigma on attempters and survivors. By facilitating educational programs, organizing systems-wide support, training professional caregivers, and offering consultative services, OASSIS works not only with religious communities, but also business and labor, health care providers, higher educational institutions, law enforcement, and military personnel

Resources for Clinicians Who Have Lost a Patient to Suicide

<http://www.iusb.edu/~jmcintos/basicinfo.htm>

This is part of a website created and maintained by the American Association of Suicidology's Clinician Survivor Task Force.

SA/VE: Suicide Awareness/Voices of Education

<http://www.save.org>

An organization dedicated to education about suicide and mental illness, and to speaking for suicide survivors.

Suicide Prevention: Information and Resources**American Association of Suicidology (AAS)**

<http://www.suicidology.org>

4201 Connecticut Ave. NW Suite 408

Washington, DC 20008

Phone: (202) 237-2280

AAS is a nonprofit organization dedicated to the understanding and prevention of suicide. Its site is designed as a resource for anyone concerned about suicide, including AAS members, suicide researchers, therapists, prevention specialists, survivors of suicide, and people who are themselves in crisis

American Foundation for Suicide Prevention (AFSP)

<http://www.afsp.org>

120 Wall Street, 22nd Floor

New York, NY 10005

Phone: (212) 363-3500

Fax: (212) 363-6237

1-888-333-AFSP

E-mail: inquiry@afsp.org

The American Foundation for Suicide Prevention (AFSP) is dedicated to advancing the knowledge of suicide and the ability to prevent it by supporting the research and education needed to prevent suicide.

Mental Health Association in Texas

<http://www.mhatexas.org>

Phone: 512-454-3706

Fax: 512-454-3725

On the Mental Health Association in Texas website you will find the online version of this toolkit. The website also has resources from the Suicide Prevention Toolkit Training Workshop that was held in 2004. In the spring of 2007, the association will launch www.TexasSuicidePrevention.org, which will provide information and national resources, publications, links to Texas crisis and suicide hotlines, Texas suicide prevention trainings and programs, and information about Texas suicide prevention organizations and activities.

National Center for Injury Prevention and Control

<http://www.cdc.gov/ncipc/factsheets/suifacts.htm>

Mailstop K60

4770 Buford Highway

Atlanta, Georgia 30341-3724

Phone: (770) 488-1506

Fax: (770) 488-1667

E-mail: OHCINFO@cdc.gov

This Centers for Disease Control and Prevention site offers information on suicide and suicide prevention. The site includes a lot of resources.

Safe USA

<http://www.cdc.gov/ncipc/factsheets/suifacts.htm>

National Center for Injury Prevention and Control

Mailstop K60

4770 Buford Highway

Atlanta, Georgia 30341-3724

Phone: (770) 488-4362

Fax: (770) 488-4349

E-mail: DVPINFO@cdc.gov

This Centers for Disease Control and Prevention site offers information on suicide and suicide prevention. The site includes a lot of resources.

Suicide Prevention Action Network USA (SPAN USA)

<http://www.spanusa.org>

1025 Vermont Ave, NW, Suite 1200

Washington, DC 20005

Phone: (202) 449-3600

Fax: (202) 449-3601

Email: info@spanusa.org

SPAN USA's goal is to create a way for survivors of suicide to transform their grief into positive action to prevent future tragedies.

Suicide Prevention Resource Center (SPRC)

<http://www.sprc.org>

Education Development Center, Inc.

55 Chapel Street

Newton, MA 02458-1060

1-877-438-7772

E-mail: info@sprc.org

The Suicide Prevention Resource Center (SPRC) provides prevention support, training, and information based on strengthening suicide prevention networks and advancing the National Strategy for Suicide Prevention. SPRC is funded by an agreement between SAMHSA and EDC, and the goal of SPRC is to both support and increase the ability of states and communities to implement and evaluate suicide prevention programs.

Suicide Prevention Training Resources

National Center for Suicide Prevention Training

<http://www.ncspt.org/>

SPRC

55 Chapel St.

Newton, MA 02458

1-877-GET-SPRC

TTY: 617-964-5448

ncspt@sprc.org

Provides educational resources to help public officials, service providers, and community-based coalitions develop effective suicide prevention programs and policies. Also provides a resource database composed of suicide prevention articles and information.

QPR (Question, Persuade, Refer) Institute

<http://www.qprinstitute.com/>

P.O. Box 2867

Spokane, WA 99220

Phone: (509) 536-5100

1-888-726-7926

qinstitute@qwest.net

Over 1,000 trainers of suicide prevention throughout the United States. Offers a variety of training opportunities and materials (including self-study courses) to improve suicide risk detection, assessment and management skills. Also offers suicide risk management inventories and protocols available for those working with adults of all ages, those working with children and adolescents and those treating suicidal people in inpatient and residential settings. Training programs are also available for those who work with survivors of suicide and other trauma.

Glendon Associates.

<http://www.glendon.org/html/workshops.html>

The Glendon staff conducts educational and training seminars and workshops. These workshops are presented in an interactive style, intermixing lecture, discussion, and video demonstrations. They are designed to give participants the opportunity to discuss the theory and methods presented and their application to clinical practice. Glendon workshops have been conducted at universities, mental health facilities and hospitals throughout the country.

Living Works

<http://www.livingworks.net>

Developed the Applied Suicide Intervention Skills Training (ASIST) workshop (formerly the Suicide Intervention Workshop), a workshop for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide.

Mental Health Association in Texas

<http://www.mhatexas.org>

Phone: 512-454-3706

On the Mental Health Association in Texas website you will find the online version of this toolkit. The website also has resources from the Suicide Prevention Toolkit Training Workshop that was held in 2004. In the spring of 2007, the association will launch www.TexasSuicidePrevention.org, which will provide information and national resources, publications, links to Texas crisis and suicide hotlines, Texas suicide prevention trainings and programs, and information about Texas suicide prevention organizations and activities.

Screening for Mental Health, Inc

<http://www.mentalhealthscreening.org>

This is a nonprofit organization developed to coordinate nationwide mental health screening programs and to ensure cooperation, professionalism, and accountability in mental illness screenings. All are community-based programs whose screenings are free and anonymous. Local health professionals conduct all the community-based programs with materials provided by Screening for Mental Health. The Interactive Screening Programs provide customized referrals to mental health professionals.

Suicide Information and Education Center

<http://www.suicideinfo.ca/>

Contains suicide information and educational resources as well as suicide prevention training programs. Supports downloadable pamphlets, cards and information kits on a variety of subjects (some resources include a cost).

Training Institute for Suicide Assessment and Clinical Interviewing

<http://www.suicideassessment.com>

Offers trainings and courses on suicide assessment, suicide prevention, violence assessment, risk assessment, crisis intervention, clinical interviewing, diagnostic interviewing, and methods for engaging clients and transforming resistance.

Yellow Ribbon Youth Suicide Prevention Program

<http://www.yellowribbon.org>

P.O. Box 644

Westminster, CO 80036-0644

Phone: (303) 429-3530

E-mail: ask4help@yellowribbon.org

The Yellow Ribbon Youth Suicide Prevention Program is dedicated to increasing youth awareness, reducing stigma associated with asking for help, and preventing youth suicide through peer group awareness.

Youth Suicide Prevention Education Program

<http://www.yspp.org>

Program of awareness, education, prevention, intervention, postvention, community building, collaboration, replication & sustainability. Be-A-Link Gatekeeper Presentations and Trainings are available to youth and adults, separately and jointly. Curriculums are designed for professional and lay people, EMS/fire and law enforcement.

Suicide Prevention Toolkits**BASIC RESOURCES****Center for Disease Control**

www.cdc.gov

Department of Health and Human Services website contains information on health and safety, publications and products, and data & statistics.

Community Toolbox (University of Kansas)

<http://ctb.ku.edu/tools/assesscommunity/index.jsp>

6,000 pages of practical information to support work in community health and development. In addition this is an interactive web site access to multiple supports, a "WorkStation" (for pay), online documentation, Customized Learning Communities (forums), and more coming.

Healthy People 2010 – Selected Resources for Region X on Injury, Violence, and Suicide Prevention.

<http://www.health.gov/healthypeople/healthfinder/>

A listing of basic government and related web sites.

State Planning for Suicide Prevention (Western Washington University)

<http://www.wwu.edu/~hayden/spsp>.

A basic list of state suicide prevention plans and activities.

Suicide Prevention and Resource Center

<http://www.sprc.org>

SPRC supports suicide prevention with the best of science, skills and practice. The Center provides prevention support, training, and informational materials to strengthen suicide prevention networks and advance the National Strategy for Suicide Prevention. This website has a wide selection of information and is updated frequently.

TOOLKITS

Coming Together to Care, A Suicide Prevention Toolkit for Texas Communities

http://www.mhatexas.org/SuicidePreventToolkit8_04.htm

Suicide Prevention toolkit covers the basic knowledge that people need to have in order to act effectively related to suicide prevention, and actions they can take once they have the basic knowledge.

GAMIAN – Depression Awareness and Suicide Prevention Program

<http://www.gamian.org/daspprogram.htm>

This kit includes a Coordinator’s Manual, Presenter’s Guide, Presenter’s Tools, and Educational Materials. This program has is based in Staten Island, NY.

Helping Others Prevent and Educate about Suicide (HOPES)

<http://www.hopes-wi.org>

A web-based tool kit that includes prevention strategy and many articles and ideas about survivor response.

QPR for Communities: A Suicide Risk Reduction Program

<http://www.qprinstitute.com/Communities.htm>

Presents an approach to community-based suicide prevention planning that can lead to the implementation of community-wide suicide risk reduction programs and practices. This program is intended to build community competence via a systems approach to gatekeeper training. Has links to many resources.

The Mental Health Association in Texas coordinates 2- hour suicide prevention gatekeeper workshops in QPR (Question Persuade, Refer) in selected communities and schools. If you would like to learn how to identify and appropriately respond to someone who is feeling suicidal, or if you would like a presentation for your organization or school, contact: suicideprevention@mhatexas.org. In the spring of 2007, check www.TexasSuicidePrevention.org for information on suicide prevention training in Texas.

Suicide Awareness Voices of Education (SAVE)

http://www.save.org/prevention/action_kit.html.

Using Minnesota as its example, this site presents a kit that provides the tools and resources to get involved and start efforts in our communities.

Suicide Prevention Toolkit – Ministry of Health of New Zealand

<http://www.newhealth.govt.nz/toolkits/suicideprevention.htm>

A toolkit that is available only on this website. Subjects include: Risk factors, intervention, planning, accountability indicators, the policy context for planning, interventions and more.

Yellow Ribbon Toolkit

http://www.yellowribbon.org/O-form_Info_ProgramToolkit.htm

This toolkit was produced by the Yellow Ribbon Youth Suicide Prevention Program, which is dedicated to increasing youth awareness, reducing stigma associated with asking for help, and preventing youth suicide through peer group awareness.

YOUTH PROGRAMS

AFSP – Teen Suicide Prevention Message

<http://www.afsp.org/education/schoolkitpsa803.htm>

A public service message for distribution to schools by the American Foundation for Suicide Prevention.

Columbia University TeenScreen Tool-kit

www.teenscreen.org

A widely used screen created at Columbia University that is research based and available to communities for efficient screening for suicide prevention.

Crisis Communication Guide and Toolkit

<http://www.nea.org/crisis/intro.html>

Created by the National Education Association and provides resources to empower members facing crises that guides school communities toward hope, healing, and renewal. This approach combines response to crisis and suicide prevention.

New Zealand Youth Suicide Prevention Strategy

<http://www.moh.govt.nz/moh.nsf/>

Created for the Maori youth of New Zealand this project is a research based program. It may offer communities clues to programs that offer wide cultural diversity in their programs.

QPR (Question Persuade, Refer)

QPR for Communities: A Suicide Risk Reduction Program

<http://www.qprinstitute.com>

Presents an approach to community-based suicide prevention planning that can lead to the implementation of community-wide suicide risk reduction programs and practices. This program is intended to build community competence via a systems approach to gatekeeper training. Has links to many resources.

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S.O.S (Signs of Suicide)

<http://www.mentalhealthscreening.org>

Screening for Mental Health, Inc.

One Washington Street, Suite 304

Wellesley Hills, MA 02481

781- 239-0071

Email: smhinfo@mentalhealthscreening.org

SOS is a school-based prevention program that incorporates two prominent suicide prevention strategies into a single program, combining a curriculum that aims to raise awareness of suicide and its related issues with a brief screening for depression and other risk factors. The educational component is expected to reduce suicidality by increasing middle or high school students' understanding of and promoting more adaptive attitudes toward depression and suicidal behavior. The self-screening component enables students to recognize depression and suicidal thoughts and behaviors in themselves and prompts them to seek assistance.

Technical Assistance Sampler on: School Interventions to Prevent Youth Suicide

<http://www.smhp.psych.ucla.edu>

From the Mental Health in Schools Center and is created under the auspices of the School Mental Health Project, Department of Psychology, University of California at Los Angeles. This sampler presents an outline of a full program for school suicide prevention.

TeenScreen Program

<http://www.teenscreen.org>

The Columbia University TeenScreen® Program works by creating partnerships with schools and communities and helping them to implement their own screening programs to identify at-risk teens and pre-teens. The program is now used in high schools and other settings in 26 states. It was developed under the leadership of David Shaffer, M.D., the Director of the Columbia University's Division of Child and Adolescent Psychiatry.

Yellow Ribbon Youth Suicide Prevention Program

<http://www.yellowribbon.org>

P.O. Box 644

Westminster, CO 80036-0644

Phone: (303) 429-3530

E-mail: ask4help@yellowribbon.org

The Yellow Ribbon Youth Suicide Prevention Program is dedicated to increasing youth awareness, reducing stigma associated with asking for help, and preventing youth suicide through peer group awareness.

Youth Suicide Prevention – A School Based Guide

<http://theguide.fmhi.usf.edu>

Developed by the Louis de la Parte Florida Mental Health Institute at the University of South Florida and other groups. This is a school-based guide that provides a framework for schools to assess their existing or proposed school prevention efforts. It assists school to work in partnership with community resources and families.

Youth Suicide Prevention Kit – Parkville, Victoria, Australia

<http://www.aifs.gov.au/ysp/pubs/bulletin1ht.html>

A content-based kit for youth programs from Australia

SPECIAL PROGRAMS**Air Force Suicide Prevention Program**

<http://sp.datausa.com/afspOverview/establishment.html>

This site offers an Air Force description of this program. It offers communities a model which suggests elements that can be adapted for programs in our communities.

Suicide Prevention – a Resource Manual for the US Army

<http://chppm-www.apgea.army.mil/dhpw/Readiness/suicide.aspx>

Prepared for US Army, Chaplain Corps by the American Association of Suicidology. Also available are training facilitator kits. There is also a web-based version of the Navy Suicide Prevention program.

Suicide Prevention and Crisis Intervention in Jails

http://www.bdcorr.ca.gov/stc/bulletins/2003_04.htm

A course that can be ordered from the state of California that offers training to trainers. For implementation help, agencies in California can be contacted.

Suicide Prevention Training – On your Watch – California Board of Corrections

http://www.bdcorr.ca.gov/stc/Suicide_Prevention_Training/suicide_prevention_training.htm

This course provides the tools to develop a comprehensive suicide prevention agency. These courses were carried out in California.

National Strategy for Suicide Prevention: Goals and Objectives for action. Rockville, MD: U.S.

Department of Health and Human Services, Public Health Service, 2001.

<http://www.mentalhealth.samhsa.gov/publications/allpubs/SMA01-3517>

Suicide Prevention Programs and Resources Targeting Special Populations

Administration on Aging

<http://www.aoa.dhhs.gov>

U.S. Administration on Aging

Washington, DC 20201

Phone: (202) 619-0724

Fax: (202) 357-3555

AoAinfo@aoa.gov

This site contains general information on aging, but through a search, you can find information on suicide and the elderly, below are the specific URLs to the information)

http://www.aoa.dhhs.gov/prof/notes/notes_mental_health.asp

http://www.aoa.dhhs.gov/prof/notes/notes_suicide.asp

http://www.aoa.dhhs.gov/eldfam/healthy_lifestyles/mental_health/mental_health_dep.asp

Jed Foundation

<http://www.jedfoundation.org>

The Jed Foundation is a nonprofit public charity committed to reducing the young adult suicide rate and improving mental health support provided to college students nationwide.

Texas Mental Health and Aging Coalition

http://www.dads.state.tx.us/services/agingtexaswell/mental_health/index.html

The coalition is a diverse group of state agencies, public and private organizations and individuals. It provides opportunities for professional, consumer, and government organizations to collaboratively improve the availability and quality of mental health preventive and treatment strategies through education, research, and increased public awareness.

National Organization for People of Color Against Suicide (NOPCAS).

<http://www.nopcas.org>

A non-profit organization, NOPCAS's goals are to bring suicide and depression awareness to minority communities that have historically been discounted from traditional awareness programs.

Postpartum Resource Center of Texas

<http://www.texaspostpartum.org>

info@texaspostpartum.org

A nonprofit organization that provides support and information to women dealing with postpartum depression and other postpartum mood disorders. Assistance to families and friends is also offered.

Screening for Mental Health, Inc

<http://www.mentalhealthscreening.org>

This is a nonprofit organization developed to coordinate nationwide mental health screening programs and to ensure cooperation, professionalism, and accountability in mental illness screenings. All are community-based programs whose screenings are free and anonymous. Local health professionals conduct all the community-based programs with materials provided by Screening for Mental Health. The Interactive Screening Programs provide customized referrals to mental health professionals.

The Trevor Helpline

www.thetrevorproject.org/helpine.aspx

(866)4.U.TREVOR (488-7386)

This is a national 24-hour, toll-free suicide prevention hot line aimed at gay and questioning youth. Calls are handled by highly trained counselors and are free and confidential.

Suicide Prevention Programs and Resources Targeting Youth

Jason Foundation, Inc.

<http://www.jasonfoundation.com>

116 Maple Row Blvd., Suite C

Hendersonville, TN 37075

The Jason Foundation, Inc. (JFI) provides education programs and resources for parents, educators, youth and others for the prevention of youth suicide. JFI targets the triangle of prevention model; youth, educators, and parents.

National Youth Violence Prevention Resource Center

<http://www.safeyouth.org>

The National Youth Violence Prevention Resource Center (NYVPRC) was established as a central source of information on prevention and intervention programs, publications, research, and statistics on violence committed by and against children and teens. The resource center is a collaboration between the Centers for Disease Control and Prevention and other federal agencies. Together, the NYVPRC Website, www.safeyouth.org, and call center, 1-866-SAFEYOUTH (723-3968), serve as a user-friendly, single point of access to federal information on youth violence prevention and suicide.

Screening for Mental Health, Inc

<http://www.mentalhealthscreening.org>

This is a nonprofit organization developed to coordinate nationwide mental health screening programs and to ensure cooperation, professionalism, and accountability in mental illness screenings. All are community-based programs whose screenings are free and anonymous. Local health professionals conduct all the community-based programs with materials provided by Screening for Mental Health. The Interactive Screening Programs provide customized referrals to mental health professionals.

TeenScreen Program

<http://www.teenscreen.org>

The Columbia University TeenScreen® Program works by creating partnerships with schools and communities and helping them to implement their own screening programs to identify at-risk teens and pre-teens. The program is now used in high schools and other settings in 26 states. It was developed under the leadership of David Shaffer, M.D., the Director of the Columbia University's Division of Child and Adolescent Psychiatry.

Teen Suicide Fact Sheet

American Academy of Child and Adolescent Psychiatry (AACAP)

<http://www.aacap.org>

Description: The AACAP developed Facts for Families to provide concise and up-to-date information on issues that affect children, teenagers, and their families. The AACAP provides this important information as a public service and the Facts for Families may be duplicated and distributed free of charge as long as the American Academy of Child and Adolescent Psychiatry is properly credited and no profit is gained from their use.

Youth Suicide Prevention Programs: A Resource Guide

U.S. Department of Health and Human Services, Public Health Services, Center for Disease Control, National Center for Injury Prevention and Control

<http://aepo-xdv-www.epo.cdc.gov/wonder/prevguid/p0000024/p0000024.asp>

Description: Given the continued high rates of suicide among adolescents and young adults (15-24 years of age), it is more urgent than ever that our limited resources for prevention is applied in the most effective manner possible. This resource guide was developed to describe the rationale and evidence for the effectiveness of various youth suicide prevention strategies and to identify model programs that incorporate these different strategies. The guide is for use by persons who are interested in developing or augmenting suicide prevention programs in their own communities.

Youth Suicide Prevention Education Programs

<http://yspep.org>

Description: Youth Suicide Prevention Education Program seeks to prevent suicide among adolescents and young adults by providing information and resources to youth, parents and the community.

State Agency Resource

Texas Department of State Health Services

www.dshs.state.tx.us

Suicide Prevention Officer, Amanda Summers-Fox

919 West 45th Street

Austin , Texas 78756

512-206-5087

Fax 512-206-4528

Email: Amanda.summers@dshs.state.tx.us

State Organizations

National Association of Social Workers / Texas Chapter

<http://www.naswtx.org>

810 W. 11th Street

Austin, TX 78701

Phone: (512) 474-1454

Fax: (512) 474-1317

E-mail: naswtex@naswtx.org

The National Association of Social Workers/Texas (NASW/Texas) is the major professional social work organization in the state of Texas. NASW seeks to advance professional social work practice and the profession, to promote human rights, social and economic justice, and access to services for all.

NASW/Texas advocates for social workers and promotes public policy that furthers their goal that basic human needs are met.

Texas Counseling Association

<http://www.txca.org>

1204 San Antonio St.

Suite 201

Austin, TX 78701

Phone: 1-800-580-8144

Fax: (512) 472-3756

The Texas Counseling Association (TCA), a diverse community of counseling professionals, educates about, and advocates for the understanding and delivery of effective counseling.

The Texas Council of Community Mental Health Mental Retardation Centers

<http://www.txcouncil.com>

Westpark Building 3, Suite 240

8140 North Mopac Expressway

Austin, TX 78759

Phone: (512) 794-9268

Fax: (512) 794-8280

E-mail: office@txcouncil.com

The Texas Council of Community Mental Health Mental Retardation Centers (Texas Council of Community MHMR Centers) is an organization under which the community MHMR centers of Texas can work together to improve and expand their services to their local communities. The Council also provides accountability to their sponsoring government entities, funding sources, and State government. Website lists up-to-date suicide and crisis hotlines.

Texas Association for Marriage and Family Therapy

<http://www.tamft.org>

1005 Congress, Suite 470, Austin, TX 78701

(800) 270-4320, 512-708-1593

Email: admin@tamft.org

The mission of the Texas Association for Marriage and Family Therapy is to use the power of the TAMFT organization to protect the integrity of the professional practice in the marketplace.

Texas Medical Association

<http://www.texmed.org>

401 West 15th Street, Austin TX 78701

Ph: (800) 880-1300, (512) 370-1300

The Texas Medical Association serves the people of Texas in matters of medical care, prevention and cure of disease, and the improvement of public health. With more than 40,000 physician and medical student members, TMA's vision is to improve the health of all Texans. TMA supports Texas physicians by providing distinctive solutions to the challenges they encounter in the care of patients.

Texas Parent Teacher Association

<http://www.txpta.org/>

txpta@txpta.org

408 W. 11th St.

Austin, TX 78701-2113

1.800.TALK.PTA

512-476-6769

PTA is a grassroots organization made up of parents, teachers and others around the state who have a special interest in children, families and schools.

Texas Psychological Association

<http://www.texaspsyc.org>

1005 Congress Avenue, Suite 410

Austin, TX 78701

Phone: (512) 280-4099

1-888-872-3435

The Texas Psychological Association (TPA) is to represent and enhance the profession of Psychology in Texas, promoting human health and welfare through education, science and practice. TPA promotes the public policy interests of psychologists through the PYS-PAC, the Texas Psychology Political Action Committee.

Texas Society of Psychiatric Physicians

<http://www.txpsych.org>

401 West 15th Street, Suite 675

Austin, TX 78701

Phone: (512) 478-0605

Fax: (512)478-5223

E-mail: TXPsychiatry@aol.com

Texas Society of Psychiatric Physicians (TSPP) is committed to “developing the highest quality of comprehensive psychiatric care for patients, families and communities.” TSPP functions to promote the interests of mental health consumers, advance psychiatric service and facility standards, further cooperation between all parties concerned with medical, psychological, social, and legal aspects of mental health and illnesses, increase psychiatric knowledge among other medical practitioners and the public, and to assist the national chapter, The American Psychiatric Association, in the promotion of national goals. The TSPP website includes a small section on mental illnesses and warning signs.

General Mental Health: Advocacy, Information, Referrals

Advocacy Inc.

<http://www.advocacyinc.org>

7800 Shoal Creek Blvd. #171-E

Austin, TX 78757-1024

Phone: 512-454-4816

Fax: 512-323-0902

1-800-252-9108

E-mail: infoai@advocacyinc.org

Advocacy, Inc. is a nonprofit corporation funded by the United States Congress. Its mission is to protect and advocate for the legal rights of individuals with disabilities in Texas. Advocacy, Inc. focuses on protecting the rights of individuals with developmental disabilities, mental illnesses, and other physical disabilities. The advocacy priorities in mental health include: abuse, neglect, restraint, seclusion, discharge planning, consent to treatment, and access to records in state hospitals, and denial of access in community mental health services. Advocacy, Inc. programs supply information and advice, referrals to services, representation services in administrative and legal proceedings, political monitoring, advocacy training, and technical assistance for legal and private sector providers.

American Psychological Association

<http://www.apa.org/pi/aging/depression.html>

Office on Aging

American Psychological Association

Public Interest Directorate

750 First Street, NE

Washington, DC 20002-4242

Phone: (202) 336-6050

Fax: (202) 336-6040

TTY:(202)336-6123

publicinterest@apa.org

This site contains several resources including journal articles, books, book chapters, reports, and general information for older adults and their families.

Depression and Bipolar Support Alliance

www.dbsatexas.org

3710 Cedar Street, Suite 200, Box 22

866-327-2839

512-407-6676

Austin, Texas 78705

The Depression and Bipolar Support Alliance (DBSA) is a patient-directed organization focusing on the most prevalent mental illnesses – depression and bipolar disorder. The organization fosters an understanding about the impact and management of these life-threatening illnesses by providing up-to-date, scientifically-based tools and information written in language the general public can understand. DBSA Texas provides QPR (Question Persuade and Refer) suicide prevention gatekeeper workshops in some locales.

Depression Screening

<http://www.depression-screening.org>

National Mental Health Association (NMHA) has a Depression Screening site as part of their Campaign for America's Mental Health. The mission of this web site is to educate people about clinical depression, offer a confidential way for people to get screened for symptoms of the illness, and guide people toward appropriate professional help if necessary.

National Alliance on Mentally Illness.

<http://www.nami.org>

A nonprofit, grassroots, self-help, support and advocacy organization of consumers, families, and friends of people with severe mental illnesses, such as schizophrenia, major depression, bipolar disorder, obsessive-compulsive disorder, and anxiety disorders. NAMI has state and local affiliates across Texas. NAMI Texas, www.namitexas.org, 800-633-3760, 512-693-2000

National Institute of Mental Health

<http://www.nimh.nih.gov>

Part of the National Institutes of Health (NIH), the principal biomedical and behavioral research agency of the United States Government, NIMH's mission is to reduce the burden of mental illness and behavioral disorders through research on mind, brain, and behavior.

NIMH website on Suicide: <http://www.nimh.nih.gov/suicideprevention/index.cfm>

National Mental Health Association

<http://www.nmha.org>

2001 N. Beauregard Street, 12th Floor

Alexandria, VA 22311

Phone: (703) 684-7722

Fax: (703) 684-5968

The National Mental Health Association (NMHA) is a nonprofit organization addressing all aspects of mental health and mental illness. Includes an online locator by state of providers of free depression screening. The **Mental Health Association in Texas** is the state affiliate of NMHA, www.mhatexas.org, 512-454-3706.

National Mental Health Information Center

<http://www.mentalhealth.samhsa.gov>

Sponsored by SAMHSA, this center provides information about mental health at the local, state and federal level to a vast audience, including Spanish materials, recent news items, an events listing and a mental illness services locator.

President's New Freedom Commission on Mental Health (2003). Achieving the promise : transforming mental health care in America.

<http://www.sprc.org/library/freedomcomm.pdf>

The New Freedom Commission on Mental Health was charged with studying the mental health service delivery system and making recommendations that would enable adults with serious mental illnesses and children with serious emotional disturbance to live, work, learn, and participate fully in their communities. Six goals have been identified. The Suicide Prevention Resource Center (SPRC) is key to *Goal 1:*

"Americans Understand that Mental Health is Essential to Overall Health."

Screening for Mental Health, Inc.

<http://www.mentalhealthscreening.org>

This is a nonprofit organization developed to coordinate nationwide mental health screening programs and to ensure cooperation, professionalism, and accountability in mental illness screenings. All are community-based programs whose screenings are free and anonymous. Local health professionals conduct all the community-based programs with materials provided by Screening for Mental Health. The Interactive Screening Programs provide customized referrals to mental health professionals.

Texas Suicide Prevention Council

The purpose of the Texas Suicide Prevention Council is to administer and exercise executive function for suicide prevention organizations and coalitions in Texas – the Texas Suicide Prevention Partnership (state organizations) and the Texas Suicide Prevention Network (local community suicide prevention coalitions). The Council will plan, market and administer an annual Suicide Prevention Conference that will be an awareness and training tool and will be the meeting place for representatives from the Partnership and the Community Network to conduct annual organizational business. A system of resources for Partners and Community Coalitions to create and sustain quality activities related to Suicide Prevention in Texas will be developed. Contact: Merily Keller, mhkeller@onr.com

Suicide Statistics

National Center for Health Statistics Fast Stats

<http://www.cdc.gov/nchs/fastats/suicide.htm>

The Centers for Disease Control's National Center for Health Statistics compiles statistical information to guide public health actions and policies. This particular page displays statistics about Self-Inflicted Injury/Suicide in the U.S.

National Injury Data Technical Assistance Center

<http://www.injurypreventionweb.org/info/data.htm>

Charts of injury mortality trends for each state with the mechanism of suicide for age groups. Each chart links to a downloadable Excel workbook containing the data that generated the chart and a high definition version of the chart suitable for inclusion in a printed reproduction.

The National Violent Injury Statistics System (NVISS)

<http://www.nviss.org>

The NVISS is working to establish ongoing, national data systems on violent injuries. Gathering uniform data will assist efforts to understand and prevent homicide, suicide, and other violent injuries. NVISS's current major project is to pilot-test a prototype for the Centers for Disease Control and Prevention's proposed National Violent Death Reporting System.

The World Health Organization Statistical Information System (WHOIS)

<http://www3.who.int/whois/menu>

Offers statistical information on other countries as well the United States.

Research on Suicide

International Academy for Suicide Research.

<http://www.uni-wuerzburg.de/IASR>

Publishers of Suicide Studies, formerly Archives of Suicide Research. The objectives of the Academy include promoting high standards of research and scholarship in the field of suicidal behavior by fostering communication and cooperation among scholars engaged in such research.

National Library of Medicine.

<http://www.nlm.nih.gov/>

Creator of MedLine/PubMed. PubMed provides access to over 12 million MEDLINE citations back to the mid-1960's and additional life science journals. PubMed includes links to many sites providing full text articles and other related resources.

National Strategy for Suicide Prevention.

<http://www.mentalhealth.org/suicideprevention>

The National Strategy for Suicide Prevention creates a framework for suicide prevention for the Nation. The Goals and Objectives for Action articulate a set of 11 goals and 68 objectives, and provide a blueprint for action. The National Strategy was published by the U.S. Department of Health and Human Services in May 2001 with the leadership from the Surgeon General.

NIMH Suicide Research Consortium.

<http://www.nimh.nih.gov/suicideresearch/consortium.cfm>

Coordinates program development in suicide research, identifies gaps in the scientific knowledge base on suicide across the life span, stimulates and monitors extramural research on suicide, keeps abreast of scientific developments in suicidology and public policy issues related to suicide surveillance, prevention and treatment, and disseminates science-based information on suicidology to the public, media, and policy makers.

Oxford University Centre for Suicide Research.

<http://cebmh.warne.ox.ac.uk/csr>

Conducts research investigations on suicidal behavior, disseminates research finds, collaborates with other major centers, and provides training opportunities for researchers and students.

Suicide Information and Education Centre (SIEC).

<http://www.siec.ca>

SIEC is a special library and resource center providing article packages on specific topics on suicide and suicidal behavior.

Reporting on Suicide: Recommendations for the Media

<http://www.afsp.org/education/newrecommendations.htm>

The media play a powerful role in educating the public about suicide prevention. Stories about suicide inform readers and/or viewers about the likely causes of suicide, warning signs, trends in suicide rates, and recent advances in treatment. Media are able to reach multiple audiences about ways to prevent suicide. These recommendations will help guide the media to educate readers and viewers about the steps they can take to prevent suicide.

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**Survivors of Suicide
Texas Suicide Support Groups**

<p>ABILENE SUICIDE: The Ones Left Behind PO Box 2232, Abilene, TX 79604-2232 (325) 854-1529 Inetha Anderson (325) 893-5015 Melba Hewitt (325) 548-2727 After 6PM Meeting Place: Hendrick Center For Rehabilitation 1934 Hickory Street, Abilene Meeting Day(s)/Meeting Time: Second Thursday each month at 7PM Facilitated By: Peer (sometimes professional as well) Charge: None Newsletter: Yes, monthly Counties Served: Any</p>	<p>AUSTIN Survivors of Suicide; Hospice Austin 4107 Spicewood Springs Rd., Austin, TX 78759 Bereavement Department (512) 342-4700 Meeting Place: Call for information Meeting Day(s)/Meeting Time: 1st & 3rd Tuesday each month at 6:30PM Facilitated by: Peer and Professional Charge: No Newsletter: No Counties Served: All are welcome</p>
<p>AMARILLO Survivors Group, Suicide & Crisis Center P.O. Box 3250, Amarillo, TX 79116-3250 Paula Ryan (806) 359-6699; (800) 692-4039 (800# for those in the 806 area code only) Meeting Place: Varies with each 6-week group Meeting Day(s)/Meeting Time: Meets once a week for six weeks Facilitated by: Peer and Professional Charge: No Newsletter: No Counties Served: Upper 21 counties of Texas Panhandle area</p>	<p>AUSTIN For the Love of Christi, Loss of Loved Ones to Suicide (LLOS) 2306 Hancock Drive, Austin, Texas 78756 (512) 467-2600 Meeting Place: Christi Center Annex at above address Meeting Day(s)/Meeting Time: 1st Wednesday 11:30AM - 1PM; 3rd Monday 7 - 9PM Facilitated By: Staff and Peers Charge: None Newsletter: Yes Counties Served: Travis and Williamson Counties</p>
<p>AMARILLO Texas Panhandle Mental and Health Mental Retardation Center PO Box 3250, Amarillo, TX 79116-3250 Linda Dunn (806) 359-6699</p>	<p>BEAUMONT JEFFERSON, ORANGE, HARDIN COUNTIES Survivors Group 3195 Dowlen Rd, Suite 101, PMB 304, Beaumont, TX 77706 Jayne Bordelon (409) 833-9657 Mental Health Association Meeting Place: Christ Community Church 415 S. 11th Street, Beaumont, TX 77726 Meeting Day(s)/Meeting Time: 4 times a year, 8- week sessions, please call Facilitated by: Alan Apperson, LPC Charge: No Newsletter: No Counties Served: All counties in Southeast Texas</p>

	<p>CORPUS CHRISTI Survivors After Suicide 4153 Eagle Drive, Corpus Christi, TX 78413 Madelyn Olson (361) 853-1964 Family Counseling Services (361) 852-9665 Meeting Place: Family Counseling Services 3833 South Staples Street, Suite 34 Meeting Day(s)/Meeting Time: 1st Monday each month at 6:30PM Facilitated by: Peer Charge: No Newsletter: No Counties Served: All counties in South Texas</p>
<p>DALLAS Suicide & Crisis Center 2808 Swiss Avenue, Dallas, TX 75204 (214) 828-1000; Lorraine Gurun (214) 824-7020, Toll Free 1-866-672-5100 Meeting Place: Various locations in the Metroplex area Meeting Day(s)/Meeting Time: Structured eight week groups, with new groups starting nearly every month. Sessions are closed after the second week. Followup groups are available once a month. Facilitated by: Peer and Professional Charge: No Newsletter: Yes Counties Served: Dallas, Tarrant, Collin, Ellis</p>	<p>HOUSTON Crisis Intervention of Houston, Inc., Survivors of Suicide 3015 Richmond Ave., Ste. 120, Houston, TX 77098 Contact: Brenda Fitch (713) 527-9864 x4508; (713) HOTLINE (468-5463) Meeting Place: N.W., S.E., S.W. Houston; call for details Meeting Day(s)/Meeting Time: N.W. - 1st & 3rd Thursday 7:30PM S.W. - 2nd & 4th Thursday 7:30PM S.E. - 2nd & 4th Tuesday 7:30PM Facilitated by: Peer and Professional Charge: No Newsletter: Yes Counties Served: All are welcome</p>
<p>FT. WORTH Survivors of Suicide Inc. 3136 W. 4th St., Ft. Worth, TX, 76107 Contact: Lorraine Meeting Place: Same Meeting Day(s)/Meeting Time: 1st Tuesday each month 7 - 8:30PM Facilitated by: Professional Charge: No Newsletter: No Counties Served: Tarrant</p>	<p>HURST SurvivorsRoad2Healing 729 Great Vine Hwy., #356, Hurst, TX 76054 Louise Wirick (817) 590-8394 Meeting Place: Hurst Baptist Church 1801 N. Norwood St. (Norwood & Harwood Sts.) Meeting Day(s)/Meeting Time: 1st and 3rd Thursday 1:30 - 3:00PM; 2nd and 4th Thursday 7 - 8:30PM Facilitated by: Peer Charge: No Newsletter: No Counties Served: Dallas, Tarrant and surrounding areas</p>

<p>FT. WORTH Survivors of Suicide Inc. PO Box 10614, Ft. Worth, TX 76114 Contact: Mary I. Archer Meeting Day(s)/Meeting Time: Once a month Facilitated by: Peer and Professional Charge: No Newsletter: No</p>	<p>LUBBOCK Survivors of Suicide Support Group P.O. Box 6477, Lubbock, TX 79493-6477 Contact: Debbie Frapp, L.C.D.C., A.D.C.I.I., C.P.S., C.C.G.C.; (806) 765-7272 or (806) 765-8393 24 hr.; 800-886-4351 24 hr., Texas and New Mexico Meeting Place: Westminster Presbyterian Church 3321 33rd St., Lubbock Meeting Day(s)/Meeting Time: 3rd Tuesday each month at 7:30PM Facilitated by: Peer and Professional Charge: No Newsletter: CONTACT Lubbock, Inc. sponsors this group and has a monthly newsletter, "CARE-RING" Counties Served: Terry, Yoakum, Lynn, Garza, Crosby, Cochran, Hockley, Dawson, Borden, Dickens, Scurry, Kent, Motley, Gaines, Bailey, Lamb, Hale, Floyd, Lubbock, Castro, Swisher, Briscoe, Parmer, Hall</p>
<p>LUFKIN "Healing Hearts" 116 S. Raguette St., Lufkin, TX 75904 Contact: Demetress Harrell, LSW, 800-324-8557 (936) 632-1514 Meeting Place: Hospice In The Pines, Medford Conference Room, 116 S. Raguette Street Meeting Day(s)/Meeting Time: Varies; every other month Facilitated by: Peer/Professional Charge: No Newsletter: No Counties Served: Angelina, Nacogdoches, Cherokee, Shelby, Polk, Houston, Trinity, Tyler, Sabine, San Augustine, Montgomery, San Jacinto</p>	<p>SAN ANTONIO Survivors of a Loved Ones' Suicide 8310 Ewing Halsell Drive, San Antonio, TX 78229 Contact: JoAnn Chavez (210) 616-0885 x313; Pat O'Brien (210) 695-9136 Meeting Place: Ecumenical Center for Religion & Health Meeting Day(s)/Meeting Time: 1st and 3rd Wednesday 7:30 - 8:30PM Facilitated by: Peer/Professional Charge: No Newsletter: Yes Counties Served: Bexar, and everything to the Gulf of Mexico up to Austin and Dallas</p>
<p>SAN ANGELO Heartbeat 3222 Southland Blvd., San Angelo, TX 76904 Contact: Shirley Grosshans (915) 944-1666 Meeting Place: Same</p>	

TEXAS SUICIDE AND CRISIS HOTLINES

(Source: <http://www.txcouncil.com/crisis.html>)

Abilene

Betty Hardwick Center

Counties Served: Callahan, Jones, Shackelford, Stephens, Taylor
800/758-3344

Amarillo

Texas Panhandle MHMR

Counties Served: Armstrong, Carson, Collingsworth, Dallam, Deaf Smith, Donley, Gray, Hall, Hansford, Hartley, Hemphill, Hutchinson, Lipscomb, Moore, Ochiltree, Oldham, Pter, Randall, Roberts, Sherman, Wheeler
806/359-6699
800/692-4039

Austin

Austin Travis County MHMR Center

Counties Served: Travis
512/472-4357

Beaumont

Spindletop MHMR Services

Counties Served: Chambers, Hardin, Jefferson, Orange
409/838-1818

Big Spring

West Texas Centers for MHMR

Counties Served: Andrews, Borden, Crane, Dawson, Fisher, Gaines, Garza, Glasscock, Howard, Kent, Loving, Martin, Mitchell, Nolan, Reeves, Runnels, Scurry, Terrell, Terry, Upton, Ward, Winkler, Yoakum
800/375-4357

Brownwood

The Center for Life Resources

Counties Served: Brown, Coleman, Comanche, Eastland, McCulloch, Mills, San Saba
866/558-4357

Bryan

MHMR Authority of Brazos Valley

Counties Served: Brazos, Burleson, Grimes, Leon, Madison, Robertson, Washington

800/282-6467

Conroe

Tri-County MHMR Services

Counties Served: Liberty, Montgomery, Walker

800/659-6994

Corpus Christi

MHMR Center of Nueces County

Counties Served: Nueces

368/886-6900

Dallas

Dallas Metrocare Services

Counties Served: Dallas

214/743-1200 (Press 2)

Denton

Denton County MHMR Center

Counties Served: Denton

800/762-0157

Edinburg

Tropical Texas Center for MHMR

Counties Served: Cameron, Hidalgo, Willacy

800/813-1233

El Paso

El Paso MHMR

Counties Served: El Paso

915/779-1800

Fort Worth
MHMR of Tarrant County
Counties Served: Tarrant
817/335-3022

Galveston
The Gulf Coast Center
Counties Served: Brazoria, Galveston
800/643-0967

Houston
MHMR Authority of Harris County
Counties Served: Harris
866/970-4770

Jacksonville
ACCESS
Counties Served: Anderson, Cherokee
800/621-1693

Kerrville
Hill Country Community MHMR Center
Counties Served: Bandera, Blanco, Comal, Edwards, Gillespie, Hays, Kendall, Kerr, Kimble, Kenney, Llano, Mason, Medina, Menard, Real, Schleicher, Sutton, Uvalde, Val Verde
CRISIS TELEPHONE NUMBERS:
City of Kerrville: 800/833-5155
Counties:
800/325-8931 Bandera, Kendall
888/648-3947 Blanco, Hays
885-315-3277 Comal
800/325-3482 Edwards, Kimble, Menard, Schleicher, Sutton
888/290-4777 Gillespie
888/445-5232 Kerr
800/826-6268 Kinney, Val Verde
800/682-7382 Llano, Mason
800/832-6743 Medina
800/662-6052 Real, Uvalde

Laredo
Border Region MHMR Center
Counties Served: Jim Hogg, Starr, Webb, Zapata
800/687-4239 Starr
800/287-4240 Zapata
800/287-4241 Jim Hogg
800/643-1102 Webb

Longview
Sabine Valley Center
Counties Served: Gregg, Harrison, Marion, Panola, Rusk, Upshur
800/832-1009

Lubbock
Lubbock Regional MHMR Center
Counties Served: Cochran, Crosby, Hockley, Lubbock, Lynn
806/740-1414

Lufkin
Burke Center
Counties Served: Angelina, Houston, Jasper, Nacogdoches, Newton, Polk, Sabine, San Angustine, San Jacinto, Shelby, Trinity, Tyler
800/392-8343

Lytle
Camino Real Community MHMR Center
Counties Served: Atascosa, Dimmit, Frio, Karnes, La Salle, Maverick, McMullen, Wilson, Zavala
800/543-5750

McKinney
LifePath Systems
Counties Served: Collin
866/260-8000

Midland
Permian Basin Community Centers for MHMR
Counties Served: Brewster, Culberson, Ector, Hudspeth, Jeff Davis, Midland, Pecos, Presidio
432/570-3300

Plainview

Central Plains Center

Counties Served: Bailey, Briscoe, Castro, Floyd, Hale, Lamb, Motley, Parmer, Swisher

800/687-1300

Portland

Coastal Plains Community MHMR Center

Counties Served: Aransas, Bee, Brooks, Duval, Jim Wells, Kenedy, Kleberg, Live Oak and San Patricio
Counties

800/841-6467

Rosenberg

Texana MHMR Center

Counties Served: Austin, Colorado, Fort Bend, Matagorda, Waller, Wharton

800/633-5686

Round Rock

Bluebonnet Trails Community MHMR Center

Counties Served: Bastrop, Burnet, Caldwell, Fayette, Gonzales, Guadalupe, Lee, Williamson

800/841-1255

San Angelo

MHMR Services for the Concho Valley

Counties Served: Coke, Concho, Crockett, Irion, Reagan, Sterling, Tom Green

325/653-5933

San Antonio

The Center for Health Care Services

Counties Served: Bexar

210/223-7233 (SAFE)

800/316-9241

Sherman

MHMR Services of Texoma

Counties Served: Cooke, Fannin, Grayson

903/957-4701

Stephenville
Pecan Valley MHMR Region
Counties Served: Erath, Hood, Johnson, Palo Pinto, Parker, Somervell
800/772-5987

Temple
Central Counties Center for MHMR Services
Counties Served: Bell, Coryell, Hamilton, Lampasas, Milam
800/888-4036

Terrell
Lakes Regional MHMR Center
Counties Served: Camp Delta, Ellis, Franklin, Hopkins, Hunt, Kaufman, Lamar, Morris, Navarro, Rockwall, Titus
800/443-1831

Texarkana
Northeast MHMR Center
Counties Served: Bowie, Cass, Red River
800/945-4145

Tyler
Andrews Center
Counties Served: Henderson, Rains, Smith, Van Zandt, Wood
903/597-1351

Victoria
Gulf Bend MHMR Center
Counties Served: Calhoun, DeWitt, Goliad, Jackson, Lavaca, Refugio, Victoria
800/421-8825

Waco
Heart of Texas Region MHMR
Counties Served: Bosque, Falls, Freestone, Hill, Limestone, McLennan
254/752-3451
254/776-1101 (after hours)

Wichita Falls
Helen Farabee Regional MHMR Center
Counties Served: Archer, Baylor, Childress, Clay, Cottle, Dickens, Foard, Hardeman, Haskell, Jack, King, Knox, Montague, Stonewall, Throckmorton, Wichita, Wilbarger, Wise, Young
800/621-8504

Appendix C

A Reading List on Suicide Prevention and Recovery

From: Website of the Suicide and Crisis Center of Dallas, Texas: www.sccenter.org/reading.htmlr.org with additions from members of the Texas Suicide Prevention Community Network and Texas Suicide Prevention Partnership.

Disclaimer: *Contribution to the toolkit as a writer, editor, researcher, supporter or reviewer does not imply agreement or endorsement of the plan by the respective agencies or organizations. In addition, this toolkit is to be used as an educational tool only and not as a substitute for consultation with a health, mental health or substance abuse provider. Research in this field is developing and changes on an ongoing basis.*

The following list was compiled by Susan Woram. At the end of most book descriptions, one or more letters signify the category of reader that may find the book most helpful.

C - Children

M - Mental health professionals and students

P - Parents and other adults

T - Teens

Alexander, V. (1998). *In the Wake of Suicide: Stories of the People Left Behind.*

The stories in this book chronicle individual journeys through grief after suicide – from the initial impact of the loss to its lace in the survivor’s lives years later. The intent of this book is to help survivors give voice and meaning to their loss. (P)

Berman, A.L. & Jobes, D.A. (1991). *Adolescent Suicide: Assessment and Intervention.*

Reflects on what is current and promising in working with the suicidal adolescent and provides information relevant to theory, research, practice, and intervention. Provides practical guidance for the clinician. (M, P)

Baughner, B., Ph.D. & Jordan, J., Ph.D. (2001). *After Suicide Loss: Coping With Your Grief.*

This book is written specifically to help survivors during the first year after a suicide. It is organized around the first few days, few weeks, few months, etc. It is short, concise and very practical in its orientation to providing concrete suggestions and help for survivors. (P)

Bolton, I. and Mitchell, C. (1983). *My Son ... My Son ... A Guide to Healing After Death, Loss, or Suicide.*

As its title indicates, this book may hold special meaning for those searching for healing after the loss of a son. The author's hopeful message is just as helpful to those who have lost a daughter or brother. This is a simple and comforting book from a mother with firsthand knowledge. (P)

Buscaglia, Leo F. (1983). *The Fall of Freddie the Leaf: A Story of Life for All Ages.*

This is a book that deals with death on a level that children can begin to understand. Mr. Buscaglia does a good job explaining death as a natural part of the cycle of life. Beautifully illustrated with simple text. The book does not specifically address suicide. (C)

Clark, D.C. Ed. (1993). *Clergy Response to Suicidal Persons and Their Family Members.*

Interfaith resource book for the clergy and congregations. Provides basic knowledge about theology and suicide, recognizing suicidal risk, and referral to the appropriate caregivers. (M)

Dr. Clark, S. (1995). *After Suicide: Help for the Bereaved.*

This is a comprehensive handbook dealing with a specific area of bereavement after suicide – and fills the gap in the grief and suicide literature. It shows practical commonsense and careful guidelines to help people find their way through this time. It is an excellent resource for both those who have suffered and those who would support them. (P)

Colt, G. H. (1991). *The Enigma of Suicide*.

This encyclopedic volume on suicide is informative and thorough. It may be more helpful for those wanting an academic view of suicide than for those looking for comfort. It includes large sections on history, 'right-to-die' issues, prevention and survivors. (M, P)

Crenshaw, D. A. (1999). *Bereavement: Counseling the Grieving Throughout the Life Cycle*.

This is a book for the caregivers of those who are mourning. The age of a mourner will influence the type of support that may be most helpful. Different ages have different needs and that is the premise of this helpful book. The book breaks down the tasks of grieving and suggests particular ways to be supportive. This work is intended to aid any caretaker whether family member or professional counselor. (M, P)

Dower, L. (2001). *I Will Remember You: What to do When Someone You Love Dies: A Guidebook Through Grief for Teens*.

This is a book that is directed to teens but appropriate for all ages. It is written in clear, simple language that can help teens through the grieving process. It guides the adolescent reader through confusing feelings and helps them give words to the emotions they may feel. It includes a number of excellent writing and meditation exercises. The author also talks about grief through history and in other cultures. (M, P, T)

Durkheim, E. (1951). *Suicide: A Study on Sociology*.

This famous book was written in 1951 by a French sociologist and is still required reading for most serious students of sociology. Durkheim focuses on the social causes of suicide rather than the internal workings of the mind. His work has immense historical value and shows the universal and timeless nature of human frailties. This work is recommended for the serious student of suicide only. (M)

Elliott, H. B., Brad. (1993). *Ripples of Suicide*.

Harold Elliott is a Baptist minister and the chaplain for a Texas police department. His book has a slightly academic feel to it and includes good historical information. Some readers may find the police angle of his real world work experiences a little difficult to handle. Some of the content is quite graphic. It includes helpful information on dealing with suicidal individuals and notifying families. (M, P)

Ellis, Thomas E. & Cory F. Newman. *Choosing to Live: How to Defeat Suicide Through Cognitive Therapy*.

A well written book for the general public. It is filled with practical advice but remains cautious of the limitations of a self-help approach to reducing suicide risk. (P)

Etkind, M. (1997). *... Or Not To Be: A Collection of Suicide Notes*.

Only a minority of those who commit suicide will leave a note. This book is a compilation of notes from a wide variety of people. They include celebrities and everyday people. They range in time from the 1700s to the present. These are interesting insights that may not be right for everyone. (M, P)

Emswiller, M.A. and J.P. Emswiller. (2000). *Guiding Your Child Through Grief*.

Backed by the latest research in child psychology and filled with case histories, this title answers questions that parents and caregivers need to ask, such as: Is it normal for a child to act as if nothing has happened? Is an infant too little to understand the loss of a parent? Do children blame themselves for the death of a family member? Should I worry about a child committing suicide after a death in the family? (P)

Fawcett, J., M.D., Golden, B., Ph.D., Rosenfeld, N., and Goodwin, F.K. (2000) *New Hope for People with Bipolar Disorder*.

This book includes the latest psychiatric findings and treatments in the author's multidimensional approach to expel the myths and fears surrounding bipolar disorder. Treatment options covered include drugs, nutrition, psychotherapy, diet, and lifestyle changes, which the authors address clinically and personally, offering compassionate and insightful suggestions for everyone affected by the disease. (M, P)

Fine, C. (1997). *No Time To Say Goodbye: Surviving the Suicide of a Loved One.*

Carla Fine has written about the loss of her husband to suicide. This book particularly addresses the social stigma that is still attached to suicide. Fine was so ashamed by her husband's suicide that she initially told others that his death was due to a heart attack. The author has spoken with many other survivors and passionately communicates their stories and experiences along with helpful information from mental health professionals. (M, P)

Fumia, M. (1992). *Safe Passage: Words to Help the Grieving Hold Fast and Let Go.*

This is a simple book of meditations written by a woman who experienced the loss of her infant son. The meditations are progressive, that is the author follows the grieving process itself. The initial meditations are meant to deal with the "harsh beginnings" of unexpected loss. As the meditations continue, they focus increasingly on the process of recovery. (P)

Goldman, Linda. (1996). *Breaking the Silence.*

Provides a clear, concise, and informative guide to helping children with complicated grief issues and provides strategies and referral resources for child grief issues. The text is understandable and user-friendly for parents and laypersons, as well as experienced clinicians. (P, M)

Goldman, Linda. (1994). *Life and Loss: A Guide to Help Grieving Children.*

An information guide for helping children deal with general grief issues, as well as hands-on techniques for grief resolution. Useful for parents as well as clinical sessions by mental health professionals. (M, P)

Goldman, Linda and Jonathan P. Goldman. (1998). *Bart Speaks Out: Breaking the Silence on Suicide.*

Bart, a white terrier, narrates his story to losing Charlie to suicide. A workbook for young children to journal their feelings about the loss of a loved one to suicide, this is an ideal book to use with a parent or counselor who can assist the child in filling in the pages. (M, C)

Goldston, David B. (2003). *Measuring Suicidal Behavior and Risk in Children and Adolescents.*

This book offers practitioners and researchers practical, up-to-date information on a wide range of instruments used to evaluate suicidal behaviors in children and adolescents. In this critical and comprehensive reference book, the author first describes conceptual, definitional, and psychometric issues important in evaluating and comparing various assessment instruments and then focuses on available instruments that can be used for screening purposes or as adjuncts in detecting, describing, or estimating the risk of suicidal behavior. (M)

Goldsmith, Sara K. (2002). *Reducing Suicide: A National Imperative*

A compilation and review of the state of the science in suicide prevention. This data driven review explores factors that raise a person's risk of suicide: psychological and biological factors including substance abuse, the link between childhood trauma and later suicide, and the impact of family life, economic status, religion and other social and cultural conditions. The authors review the effectiveness of existing interventions, including mental health practitioners ability to assess suicide risk among patients. They provide a blueprint for addressing the problem; how to build infrastructure, conduct needed research, and improve our ability to recognize risk and effectively intervene. (M)

Grollman, E. A. and Malikow, M. (1999). *Living When a Young Friend Commits Suicide: Or Even Starts Thinking About It.*

In addition to addressing issues about suicide this book also discusses how to deal with others who may be suicidal. It has chapters on the stages of grief, common misconceptions about suicide, coping skills, helping suicidal individuals and religious issues. This book is the collaborative work of a pastoral counselor and a grief counselor. (P, T)

Harris, M. (1996). *The Loss That is Forever: The Lifelong Impact of the Early Death of a Mother or Father.*

This book addresses the issues that can face an adult who experiences the loss of a parent early in life. This is not a work that is specific to suicide but still may be quite comforting to the adult who lost a parent at a young age. Written by clinical psychologist. (P)

Hewett, J. H. (1980). *After Suicide*.

A recommended and highly readable book. Its practical nature can help readers understand what to expect after a loved one commits suicide and offer options for coping. It includes a very helpful chapter on suicide and faith. It also clarifies many of the misconceptions that we hold about suicide and religion. (M, P)

Hsu, Albert Y. *Grieving a Suicide: A Loved One's Search for Comfort, Answers & Hope (2002)*

Hsu relates his own coping with unexpected, violent death and compassionately examines the emotional and theological issues of suicide. Hsu's father was a suicide at 59. He had suffered a stroke and become depressed during the preceding weeks, yet his death was a great shock. The Christian way of grieving is Hsu's focus in the latter half of the book, where he surveys Scripture to deal with questions such as whether people who die by suicide can go to heaven, where God is when tragedy strikes and what can be learned from suicide. (M, P)

Jacobs, Douglas G. M.D. (1999) *Harvard Medical Guide to Suicide Assessment and Intervention*.

Clearly this is one of the most comprehensive guides available on suicide. It is a must read for every mental health professional and others devoted to helping people forced with a crisis. Provides a very clear and understandable approach to the phenomenology of suicide. (M)

James, J. W. and Friedman, R. (1998). *The Grief Recovery Handbook: The Action Program For Moving Beyond Death, Divorce, And Other Losses*.

Those who like the idea of following a 'program' for recovery will enjoy this book. The book addresses losses of all types not just those related to suicide. A small downside for some readers may be the book's insistence on strict adherence to their program and the offer of what seems like a "cure" for your grief. That being said, the book appears to have a wide following and is used as a springboard for many self-help groups. (M, P)

Jamison, K. R. (1999). *Night Falls Fast: Understanding Suicide*.

Kay Redfield Jamison has had her own personal struggle with manic-depressive illness and survived a suicide attempt. As a Johns Hopkins professor of psychiatry she is well equipped to clearly discuss the current epidemic rates of suicide and the myriad of causes. She also reminds us of the preventable nature of this epidemic. The book uses essays on individual suicides to poignantly illustrate the various forces at work in those that commit suicide. (M, P)

Kleespies, Phillip M., Ph.D. (Ed.) (1997), *Emergencies in Mental Health Practice: Evaluation and Management*.

Focusing on acute clinical situations in which there is an imminent risk of serious harm or death to self or others, this practice resource helps clinicians evaluate and manage a range of mental health emergencies. (M)

Leenaars, A. & S. Wenckstern (Eds.) (1990). *Suicide prevention in Schools*.

Suicide prevention, intervention, and postvention in the schools is outlined in this edited book. (M, P)

Lester, D. (1993). *The Cruellest Death: The Enigma of Adolescent Suicide*.

This helpful book gives us a broad overview of the various factors that can contribute to suicide in adolescents. This book is an excellent primer for the mental health professional just beginning to study teen suicide. The book covers theory and research as well as epidemiology and intervention. (M, P)

Lester, David. (2001). *Suicide Prevention: Resources for the Millennium*.

Suicide Prevention presents an evaluation of the past, present, and future of suicidal behavior and efforts to prevent suicide. Authors from varying disciplines of psychology, sociology, and psychiatry analyze suicide in the opening chapters. Through the exploration of these roles of these disciplines, the roles of primary physicians, and the impact of suicide prevention education in schools, the contributors describe the history of suicidology and the changes necessary for improvement. The book concludes with a section detailing the goals and activities of organizations designed to prevent or facilitate suicide. (M, P)

Linn-Gust, Michelle. (2001). *Do They Have Bad Days in Heaven? Surviving the Suicide Loss of a Sibling.*

The first comprehensive resource for sibling suicide survivors. The author takes the reader through the personal experiences of losing her younger sister and weaves in the available research for sibling survivors. She explains suicide, the grief process, and how sibling death impacts the brothers and sisters left behind, and offers practical advice for surviving the loss of a sibling to suicide. (M, P, T)

Maris, R., Berman, A.L., Maltzberger, J.T., Yufit, R. (Eds.) (1992) *Assessment and Prediction of Suicide.*

Comprehensive reference volume of 32 chapters covering a range of specialized topics such as jail suicides, school suicide programs, hospital and clinic studies, economic and social factors, and the biology of suicide. (M)

McCracken, Anne & Mary Semel. (1999). *A Broken Heart Still Beats.*

This anthology of poetry, fiction, and essays compiled from the literature of loss and grief is remarkable. The authors have included pieces from everyone from William Shakespeare to Dwight D. Eisenhower whose works explore the shock, the grief, and the search for meaning that come with the death of a child. Each piece is clearly introduced explaining the details surrounding the person's loss. (P)

McIntosh, John L., Santos, John F., Hubbard, Richard W., and James C. Overholser. *Elder Suicide: Research, Theory, and Treatment.*

This book presents epidemiological trends and identifies special high-risk factors for suicide among elders. It also examines sociological, psychological, biological, and other theories of suicide and provides an overview of clinical approaches to depressed and suicidal elders by identifying aspects unique to elder suicide, exploring assessment and intervention modalities, and specifying warning signs.

Mehren, Elizabeth. (1997). *After the Darkest Hour the Sun Will Shine Again.*

This helpful and inspirational book clearly helps bereaved parents deal with the many questions and issues that come up for them. It's both a guide and a meditation that offers support and comfort. It is written in a clear and simple style with short stories dealing with difficult issues. The advice and solace found in this small book is very valuable. (P)

Merman, A. L. & Jobes, D. A. (1999). *Adolescent Suicide: Assessment and Intervention.*

This book is published by the American Psychological Association and written with the mental health clinician in mind. Chapters include: The epidemiology of adolescent suicide, The theoretical context, The empirical context, Assessment of risk, Treatment, Prevention and postvention. The book presents current research findings and provides extensive references and case illustrations. (M)

Mishara, B.L. (Ed.) (1995), *The Impact of Suicide.*

A prestigious group of internationally known contributors, including Robert Kasienbaum, Alan Berman, and David Lester, take an incisive look at suicide's effects on family, friends, and professionals. Research data are supplemented by rich clinical experience. (M)

Osgood, N. (1992). *Suicide in Later Life.*

Discusses reasons for elderly suicide, describes the symptoms and warning signs, and proposes risk reduction strategies. Written for older adults, family members and caregivers, and all those who provide services for older clients/patients. (M, P)

Poland, S. (1989). *Suicide Intervention in the Schools.*

Provides step-by-step guidelines for setting up and maintaining a comprehensive crisis intervention program. (M, P)

Poland, S., & Lieberman, R. (2002). *Best practices in suicide intervention.* In A. Thomas & J. Grimes (Eds.), *Best Practices in School Psychology* (Vol. 3, pp. 1151-1166).

Poland, S., & McCormick, J. (1999). *Coping with Crisis: Lessons Learned.*

Poussaint, Alvin F. (2002) *Lay My Burden Down: Unraveling Suicide and Mental Health Crisis Among African Americans.*

Risenhoover, C. C. (2004). *The Suicide Lawyers: Exposing Lethal Secrets.*

Texas attorneys share their experiences in suicide litigation and help readers know how to recognize, react, and intervene when a friend or loved one is at risk for suicide.

Robinson, R. (1989). *Survivors of Suicide.*

Originally published in 1989, this book was revised in 2001 and contains additional information on teen suicide. The book also reviews such areas as common suicide myths, depression, historical and religious perspectives and includes a resource directory. (P)

Rubel, B. (2000). *But I didn't Say Goodbye: For Parents and Professionals Helping Child Suicide Survivors.*

This hands-on book benefits those who want to learn how to help a child after a sudden loss. The power of this book comes from the most frequently asked questions a bereaved child asks, and the honest, respectful, age-appropriate answers from caring adults. Caregivers get intervention strategies, complete with bereavement referrals and up-to-date recommended resources. Adults get a head start by the ready-to-copy, interactive, non-threatening questions and activities wherein the child's thoughts and feelings are shared. (M, P)

Shea, Shawn C. (1999). *The Practical Art of Suicide Assessment: A Guide for Mental Health Professionals and Substance Abuse Counselors.*

Shea provides a thorough introduction to the CASE (Chronological Assessment of Suicide Events) approach, using numerous case examples. The author moves the reader from suicidology theory and research to elicitation of suicide ideation to appropriate decision-making and treatment planning. This book would be equally useful for students, beginning clinicians, and seasoned veterans. (M)

Shneidman, Edwin, Ph.D., (2004). *Autopsy of a Suicidal Mind.*

With other Suicidology experts Dr. Shneidman discusses the special qualities of the mental content and mental qualities of a deeply suicidal person. A case is studied and discussed from a variety of perspectives.

Shneidman, Edwin, Ph. D. (1993). *Suicide as Psychache: A Clinical Approach to Self-Destructive Behavior.*

Dr. Shneidman's approach to treatment and response to suicidal people. This book offers a perspective for prevention and treatment that arises from his long reflection and clinical work as a Suicidologist. It is direct and readable and offers an effective approach to suicidal people that is being demonstrated in research by researchers like Israel Orbach, Ph.D. and others in Israel.

Smolin, Ann. (1993). *Healing After the Suicide of a Loved One.*

The authors address the special needs and emotions of the survivors--those affected by the suicide of a loved one--explore the natural grief, and the added guilt, rage, and shame that dealing with a suicide often engenders. Includes a directory of worldwide support groups.

Stimming, M.T. and M. Stimming (Eds). (1999). *Before Their Time: Adult Children's Experiences of Parental Suicide.*

Before Their Time is the first work to present adult children survivors accounts of their loss, grief, and resolution following a parent's suicide. In one section, the book offers the perspective of sons and daughters on the death of mothers, in another, the perspective of sons and daughters on the death of fathers. In a third section, four siblings reflect on the shared loss of their mother. Topics such as the impact of the parent's suicide on adult children's personal and professional choices, marriages and parenting, sibling and surviving parent relationships are explored with sensitivity and insight. Various coping skills, including humor, are described. (P)

"Suicide and Life-Threatening Behavior" The Official Journal of the American Association of Suicidology. Morton M. Silverman, M.D., Editor-in-chief

This journal is published quarterly by The Guilford Press, 72 Spring Street, New York, NY 10012 - www.guilford.com

Treadway, David C. *Dead Reckoning: A Therapist Confronts His Own Grief.*

Chronicles his arduous year-long journey to come to terms with his mother's depression and suicide, which happened years earlier in the author's life.

Underwood, M.S. and Dunne-Maxim, K. (1997). *Managing Sudden Traumatic Loss In The Schools.*

This manual incorporates the basic principles of postvention as well as practical implementation techniques garnered in the hundreds of schools and communities where the authors have provided postvention services. The manual has been revised several times and over 20,000 copies have been distributed nationwide. In 1999, a series of videotapes was produced to accompany the manual. These tapes reinforce the principles outlined in the manual and are designed to provide support and direction during the initial days of the trauma. They have also been used by school systems for training of crisis management teams.

(M, P)

White, T.W. (1999). *How to Identify Suicidal People: A Systematic Approach to Risk Assessment.* This

is an excellent reference for mental health professionals who work with potentially suicidal people.

Discusses the author's new method, and actual system of conduction risk assessment. **(M)**

Wofalt, A., Ph.D. (2000). *Healing the Grieving Child's Heart – 100 Practical Ideas for Families, Friends, and Caregivers.*

Helpful to adults to understand grief and mourning in children. **(P)**