

Suicide/Self-Harm Resources

- I. Local Resources
 - SC Youth Suicide Prevention Initiative: (803)-896-4352
Intense community based effort with a goal of reducing suicide among youth in Lexington County
- II. Helpful websites
 - American Foundation for Suicide Prevention:
<https://afsp.org/teens-and-suicide-what-parents-should-know>
 - Risk Factor, Protective Factors, Warning Signs
<https://afsp.org/risk-factors-protective-factors-and-warning-signs>
 - AFSP South Carolina Chapter: Chapter contact: John Tjaarda (South Carolina Area Director) email: jtjaarda@afsp.org / phone: (803) 528-4315
<https://afsp.org/chapter/south-carolina>
 - American Academy of Child & Adolescent Psychiatry: Suicide Resource Center
https://www.aacap.org/aacap/Families_and_Youth/Resource_Centers/Suicide_Resource_Center/Home.aspx
 - Suicide in Children and Teens
https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Teen-Suicide-010.aspx
 - Self-Injury in Adolescents
https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/Self-Injury-In-Adolescents-073.aspx
 - National Association of School Psychologists: Preventing Youth Suicide Tips for Parents and Educators
<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-safety-and-crisis/mental-health-resources/preventing-youth-suicide/preventing-youth-suicide-tips-for-parents-and-educators>
 - Nationwide Children's Hospital: Suicide Prevention Resources
<https://www.nationwidechildrens.org/specialties/behavioral-health/for-families/suicide-prevention-resources>
 - Suicidal Behaviors:
<https://www.nationwidechildrens.org/conditions/suicidal-behaviors>
 - Suicide Prevention Resource Center <https://sprc.org/>
- III. Information Handout
 - Suicide Prevention Facts for Parents:
<https://sprc.org/sites/default/files/migrate/library/Suicide%20Prevention%20-%20Facts%20for%20Parents.pdf>
 - Suicide Warning Signs:
<https://www.therapistaid.com/worksheets/suicide-warning-signs.pdf>

- Talking to Children About Suicide:
https://www.soslsd.org/wp-content/uploads/2013/06/talking_children_suicide_text.pdf?fbclid=IwAR0x2ZD1kKzvHi1DEoOCY9ioZq8_dmx2WEk7O2MBr1FvkwNK8rO9NG-HvXU
- Resources for Suicide Loss Survivors:
<https://suicidology.org/wp-content/uploads/2019/07/Resources-for-Survivors-of-Suicide.pdf>

IV. Research Resources

- Developing a Comprehensive School Suicide Prevention Program Paul F. Granello, Brett Zyromski
- Interpersonal Predictors of Suicide Ideation and Attempt Among Early Adolescents Emily Sallee, Kok-Mun Ng, Abraham Cazares-Cervantes
- School Counselors and Unified Educator–Counselor Identity- A Data-Informed Approach to Suicide Prevention Show less Carrie A. Wachter Morris, Kelly L. Wester, Connie T. Jones, Saron Fantahun
- Suicide Awareness Training for Faculty and Staff- A Training Model for School Counselors Melinda M. Gibbons, Ph.D., Jeannine R. Studer, Ed.D.
- Student Non-Suicidal Self-Injury- A Protocol for School Counselors Show less Nicole A. Stargell, Ph.D., Chelsey A. Zoldan, M.S. Ed., LPCC, LICDC, NCC, Victoria E. Kress, Ph.D., Laura M. Walker-Andrews, Julia L. Whisenhunt, Ph.D., LPC, NCC

National Suicide Prevention Hotline

1-800-273-TALK (8255)

Whether you are personally in crisis or you are concerned about someone who is, you can ALWAYS call 1-800-273-TALK and get a listening ear, resources, and support 24 hours a day, seven days a week. This hotline does not close on the weekend, holidays, or during bad weather.

Veterans, please press 1.

En español oprima el 2.

Prestamos servicios en español (1-888-628-9454).

For hearing & speech impaired with TTY equipment : 1-800-799-4TTY (4889)

The Trevor Project 1-866-4-U-TREVOR

This is also a free, confidential 24-hour hotline. It focuses on crises and suicide prevention among gay, lesbian, bisexual, and transgender youth.

Crisis Text Line

741-741

Text START to 741-741 to talk to a trained counselor. It's free, confidential, and available 24/7.