

Pacific Southwest MHTTC

SUICIDE PREVENTION



Suicide rates in parts of Region 9 are among the highest in the world. Even in areas where suicidal ideation, attempts, and completion mirror or trail the national average, suicide remains an urgent and complex priority for schools. As the institution most consistently interacting with students, schools are well-positioned to notice warning signs and risk factors. At the same time, few schools employ significant numbers of mental health workers.

The [“Suicide Prevention in Schools”](#) issue brief was created to offer meaningful ways that administrators, faculty, staff, parents, and students can contribute to an environment that mitigates risk factors for suicide. This includes ensuring that all school personnel understand the warning signs for suicidal ideation; recognizing the key role that each member of the school community plays in implementing prevention; and building a comprehensive suicide prevention infrastructure in your school. **The issue brief includes many practical strategies to build suicide prevention efforts, including specific programmatic recommendations.**

The purpose of this addendum is to provide additional referral resources for school personnel. Many schools integrate universal screening for depression but lack the ability to refer students to mental health services. **The resources compiled here focus on crisis intervention services that can meet immediate student needs.** With these resources, all school personnel in Region 9 can refer students in distress to 24/7 hotlines. Where possible, state- and island-specific resources are included. Many of these organizations can also link students in crisis to no-cost or low-cost counseling services.

Some organizations provide support for people who have lost loved ones to death by suicide. **Several support groups that meet in-person or virtually are listed here.** We also included organizations that offer in-person, text-based, or phone-based peer-support for those experiencing suicidal ideation. **Finally, we included organizations that offer training materials for use by educators.** Several are free-of-charge; others are curriculum-based trainings that can be integrated into professional development.

This list is by no means comprehensive. **We will continue to update this addendum as we find new resources.** If you know of an organization that provides crisis intervention, counseling, or suicide prevention resources, please email the Pacific Southwest MHTTC at MHTTCPacSWinfo@cars-rp.org.

NATIONAL AND REGIONAL RESOURCES

The **National Suicide Prevention Lifeline** (<https://suicidepreventionlifeline.org>) provides 24/7 free, confidential support. In English: 1-800-273-8255. In Spanish: 1-888-628-9454.

The **Trevor Project** (<https://www.thetrevorproject.org>) provides suicide prevention support for LGBTQ youth under 25 years old. Call 1-866-488-7386 or text "Trevor" to 1-202-304-1200.

Le Va provides resources and trainings developed specifically for Pacific Island families and communities (<https://www.leva.co.nz>). Their Engaging Pasifika program is appropriate for non-Pacific health workers to learn more about culturally competent strategies (<https://www.leva.co.nz/training-education/engaging-pasifika>). They also have culturally specific suicide prevention resources (<https://www.leva.co.nz/resources>).

ARIZONA

EMPACT Survivors of Suicide (<http://empactsos.org>). Survivors of Suicide (SOS) support groups offer assistance to individuals who have experienced a loss to suicide. Groups are held biweekly at locations across the state. (<http://empactsos.org/support-groups/>). EMPACT also offers individual therapy and peer-support groups, as well as the Local Outreach to Suicide Survivors (LOSS) which provides free service to friends and families of those who died by suicide.

Teen Lifeline (<https://teenlifeline.org>) provides crisis support for youth and young adults, as well as families of those in crisis. The organization is available in Maricopa County at 602-248-8336 and statewide at 800-248-8336. The crisis line is staffed by peer counselors and overseen by a master's level clinician. Services are available 24/7. They also offer resources for educators, including no-cost training and presentation workshops in schools.

Mercy Care (<https://www.mercycareaz.org>) staffs a 24/7 Behavioral Health Crisis Hotline at 602-222-9444 or 1-800-631-1314. They also host the Maricopa County Peer Operated Warmline to connect people with behavioral health needs to trained peer counselors at 602-347-1100.

CALIFORNIA

The **California Department of Education** houses comprehensive resources that can be accessed free of charge by parents, educators, and practitioners (<https://www.cde.ca.gov/ls/cg/mh/suicideprevres.asp>). Included in these references is the Comprehensive Suicide Prevention Toolkit for Schools which is supports schools to develop the mandatory Pupil Suicide Prevention Policy (<http://www.heardalliance.org/help-toolkit>).

California's **Suicide Prevention Resource Center** (<https://www.sprc.org/states/california>) has a wealth of training and resource materials. It also hosts links to state and community suicide prevention organizations including NAMI California, the California Mental Health Service Authority, and the American Foundation for Suicide Prevention in San Francisco. Each of these organizations makes materials and resources for educators free of charge.

Almost every California county has a suicide prevention hotline. A complete list of resources by county can be found here: <http://www.suicide.org/hotlines/california-suicide-hotlines.html>. Most are available 24/7, and many have Spanish-language access lines as well.

Teen Line provides peer-to-peer crisis intervention services through phone and text (<https://teenlineonline.org>). Los Angeles County residents can use the phone: 310-855-4673. National callers can dial 800-TLC-TEEN or text "teen" to 839863. They also provide numerous training packages for schools, all of which are tailored for specific audiences.

The **California Youth Crisis Line** is a 24/7 service that provides statewide emergency response to youth aged 12-24 (<https://calyouth.org/ca-youth-crisis-line>). In addition to crisis counseling, they also facilitate access to free or low-cost mental health resources across the state.

COMMONWEALTH OF NORTHERN MARIANA ISLANDS

Commonwealth Healthcare Corporation provides an array of behavioral health services, including both inpatient and outpatient care (<http://chcc.gov.mp/index.php/community-guidance-center/mental-health-treatment-services>). The organization also houses the Suicide Prevention and Awareness Task Force to promote education and awareness services: 670-323-6590. It also administers the Youth Suicide Prevention Program under a Garrett Lee Smith suicide prevention grant. The program promotes behavioral and mental health and wellness; provides suicide prevention education and outreach; provides intervention and treatment services for those at risk of suicide; and provides support for those in recovery from suicide behaviors. Contact Project Director Ana Ada, 670-287-0966, ana.ada@dph.gov.mp

FEDERATED STATES OF MICRONESIA

The Pohnpei Community Health Center (PCHC) provides primary and behavioral health services. Phone number: 691-320-2438. Executive Director Dr. Josephine Saimon: josephine@fsmhealth.fm

The **Chuuk Women's Council** (<http://www.cwcfiinchuuk.org>) is an umbrella organization for the different women's organizations in Chuuk State, Federated States of Micronesia. They host training, awareness building, and outreach events that support physical and mental health. Phone 691-330-5263 for Kiki Stinnett.

GUAM

Guam Behavioral Health and Wellness Center (<http://gbhwc.guam.gov>) hosts a 24/7 hotline for residents in need of crisis services: 671-647-8833 / 647-8834. Hotline staff can connect callers with a network of agencies including local non-profits; domestic violence shelters; outpatient behavioral health services; and child and adult protective services. The Center also employs psychologists who can assess, diagnose, treat, and refer patients who are seeking mental health interventions.

The Guam Behavioral Health and Wellness Center also runs the **Prevention Education and Community Empowerment (PEACE)** project, which brings resources and trainings to community members and educators (<http://www.peaceguam.org/>).

Victim Advocates Reaching Out is a Guam-based non-profit that provides free and confidential services 24/7 to people who have experienced domestic violence, sexual assault, abuse, violent crime, and traumatic events, and their families (<http://guamcoalition.org/services/victim-advocates-reaching-out-varo-%E2%80%93247-hotline-477-5552>, or call 671-477-5552). Victim services include crisis interventions/personal advocacy; emergency shelter with food, clothing, personal hygiene and safety planning; legal advocacy; referrals to other community services, programs, and partners; and public transportation assistance.

The University of Guam provides classroom education, training, and educational seminars to the University community through the I Pinangon Campus Suicide Prevention Program. Phone: 1-671-735-2888, 1-671-489-8288, 1-671-489-2889. The Isa Psychological Services Center provides free, confidential counseling and crisis intervention services. Phone: 671-735-2883. Email: isa@triton.uog.edu.

Sanctuary Inc. is a non-profit organization dedicated to helping youth and families. They host a free, confidential hotline available 24/7 at 671-475-7100. Find additional resources and events through their Facebook page: <https://www.facebook.com/SanctuaryIncorporated>.

HAWAII

Prevent Suicide Hawaii Task Force maintains crisis hotline via both phone and text. Oahu: 832-3100 / Neighbor Islands: 1-800-753-6879 / Crisis TEXT Line: 741741. The Task Force hosts regular suicide prevention trainings on a fee-for-service basis, including Applied Suicide Intervention Skills (ASSIST); CONNECT, a best practice program that includes prevention and intervention strategies, as well as postvention activities for promoting healing and reducing risk after a suicide; and SafeTALK, a half-day community-oriented training that helps participants recognize a person at risk for suicide and connect them with a person trained in suicide first aid intervention or similar resources to keep the individual safe.

Family Guidance Centers, located on every island, provide services to young people needing intensive mental health interventions in their home school or district (<http://health.hawaii.gov/camhd/home/family-guidance-centers/hawaii-family-guidance-center>).

The University of Hawaii delivers the Question, Persuade, Refer (QPR) gatekeeper training. QPR is an evidence-based suicide prevention program that teaches people how to become suicide prevention gatekeepers (<https://hilo.hawaii.edu/studentaffairs/counseling/SuicidePrevention.php#SuicidePrevention>).

The **Lili'uokalani Trust** is dedicated to improving the lives of all Hawaii's children. The Trust provides an array of child and family services at each of their Kīpuka (children's centers) located throughout the islands, including case management; counseling; and grief, loss, and trauma support (<http://onipaa.org/pages/what-we-do>).

NEVADA

Nevada Coalition for Suicide Prevention provides information about Survivors of Suicide Loss Support Group (<https://nvsuicideprevention.org/support-groups>) and information about suicide prevention activities in each county (<https://nvsuicideprevention.org/activities-map>). They also host suicide prevention trainings: Applied Suicide Intervention Training (ASIST); Youth Mental Health First Aid; and SafeTALK (<https://nvsuicideprevention.org/training>).

The **Children's Mobile Crisis Response Team** provides crisis intervention to Nevada families of children under 18 experiencing a mental health crisis. They provide both in-person and phone interventions across the state and provide an alternative to the ER. They provide telephone triage; crisis response; crisis stabilization; and after care for families in crisis (<http://knowcrisis.com/#mcr-t-how-we-help>).

Crisis Call Line Reno is a free, confidential service available 24/7. Skilled counselors are available at 775-784-8090. They also provide training and resources for educators and other stakeholders (<http://crisiscallcenter.org>).

REPUBLIC OF THE MARSHALL ISLANDS

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REPUBLIC OF PALAU

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U.S. PACIFIC ISLANDS OF AMERICAN SAMOA

A 24/7 **crisis hotline** is available at 699-4211.

The **American Samoa Community College** provides crisis intervention, counseling, and referral services for students (<http://www.amsamoa.edu/student-services/counseling.html>). They also host the You Are Not Alone (YANA) program, which supports both students and community members through peer support, peer mentors, and referrals for counseling. To reach during office hours, call 684-699-9155 ext. 326; after hours they can be reached at 684-252-YANA. Email yana@amsamoa.edu / ssservicecounselors@amsamoa.edu.

Contact the Pacific Southwest MHTTC Team for more information.

Email: MHTTCPacSWinfo@cars-rp.org Phone: (844) 856-1749 Website: www.MHTTCnetwork.org