



## Suicide Prevention Resources

- Suicide Prevention Resource Center (<http://www.sprc.org>). The Suicide Prevention Resource Center (SPRC) provides prevention support, training, and materials to strengthen suicide prevention efforts. Among the resources found on its website is the SPRC Library Catalog (<http://library.sprc.org>), a searchable database containing a wealth of information on suicide and suicide prevention, including publications, peer-reviewed research studies, curricula, and web-based resources.
- American Association of Suicidology (<http://www.suicidology.org>). The American Association of Suicidology is a nonprofit organization dedicated to the understanding and prevention of suicide. It promotes research, public awareness programs, public education, and training for professionals and volunteers and serves as a national clearinghouse for information on suicide.
- American Foundation for Suicide Prevention (<http://www.afsp.org>). The American Foundation for Suicide Prevention (AFSP) is dedicated to advancing our knowledge of suicide and our ability to prevent it. AFSP's activities include supporting research projects; providing information and education about depression and suicide; promoting professional education for the recognition and treatment of depressed and suicidal individuals.
- National Center for Injury Prevention and Control (<http://www.cdc.gov/ncipc>). The National Center for Injury Prevention and Control (NCIPC), located at the Centers for Disease Control and Prevention, is a valuable source of information and statistics about suicide, suicide risk, and suicide prevention. To locate information on suicide and suicide prevention, scroll down the lefthand navigation bar on the NCIPC website and click on "Suicide" under the "Violence" heading.
- National Suicide Prevention Lifeline (<http://www.suicidepreventionlifeline.org>). The National Suicide Prevention Lifeline provides immediate assistance to individuals in suicidal crisis by connecting them to the nearest available suicide prevention and mental health service provider through a toll-free telephone number: (800) 273-TALK (8255). Technical assistance, training, and other resources are available to the crisis centers and mental health service providers that participate in the network of services linked to the National Suicide Prevention Lifeline.
- Suicide Prevention Action Network USA (<http://www.spanusa.org>). Suicide Prevention Action Network USA (SPAN USA) is the nation's only suicide prevention organization dedicated to leveraging grassroots support among suicide survivors (those who have lost a loved one to suicide) and others to advance public policies that help prevent suicide.
- Go Ask Alice! (<http://www.goaskalice.columbia.edu>) is a web-based health question-and-answer service produced by Alice!, Columbia University's Health Education Program. Go Ask Alice! provides information to help young people make better decisions concerning their health and well-being. Go Ask Alice! answers questions about relationships, sexuality, emotional health, alcohol and other drugs, and other topics.
- Samaritans (<http://www.samaritans.org>) is an organization based in the United Kingdom that offers 24-hour, confidential emotional support to people who are experiencing feelings of distress or despair, including those feelings that may lead to suicide. The Samaritans operate a free and confidential e-mail service, which generally responds to your e-mail within 24 hours. You can send an e-mail to [jo@samaritans.org](mailto:jo@samaritans.org) or use the Samaritans website to send a confidential e-mail that cannot be traced back to your address.
- Ulifeline.org (<http://www.ulifeline.org>) is a web-based resource created by the Jed Foundation to provide students with a non-threatening and supportive link to their college's mental health center as well as important mental health information. Students are able to download information about various mental illnesses, ask questions, make appointments, and seek help anonymously via the Internet.

## **Crisis Plan**

*“These then are my last words to you. Be not afraid of life.  
Believe that life is worth living and your belief will help create the fact.” ~William James*

### ***Introduction***

This is your plan. Develop it when you are feeling well. Take time to make good decisions for your plan; work at it for a while, then leave it for several days and keep coming back to it until you have developed a plan you feel has the best chance of working for you. Collaborate with psychiatrist, therapist, family members and other folks on your support team. Once you have completed your crisis plan, give a copy to the people you name in this plan as your supporters.

### ***Symptoms***








Describe symptoms that indicate to your support team that they need to step in and help. Although this may be difficult to do, a careful, well-developed description of symptoms that you know would indicate to you that you can't make good decisions anymore, you can stay in control even when things seem to be out of control. Allow yourself plenty of time to complete this section. Ask your friends, family members, and other supporters for input, but always remember that the final determination is up to you.

### ***Remember, crises are temporary!***

Be very clear and specific in describing each symptom. Don't just summarize; spell it out. Your list of symptoms might include:

- Neglecting personal hygiene (for how many days?)
- Not understanding what people are saying
- Not knowing who I am
- Not knowing/ recognizing family members and friends
- Uncontrollable pacing; inability to stay still
- Self inflicted violence (degree)
- Being abusive, destructive, or violent toward others or property
- Abusing alcohol and/or drugs
- Not getting out of bed (for how long?)
- Refusing to eat or drink

### ***Things to Remember***

-  Crises are Temporary!
-  This is your plan
-  To develop it when you are feeling well
-  Don't Rush it
-  Be clear and Specific
-  Collaborate
-  Share it with Your Support Team



## Medications

List any prescription medications, vitamins, herbs, alternative medications (any homeopathic remedies), and supplements you are currently taking.

Current Medication(s)	Current Dosage	Current Medication(s)	Current Dosage

List any medications that should be avoided—like those you are allergic to, that conflict with another medication, or cause undesirable side effects. Also, note which medications should be increased or decreased if you are in crisis, and which you have discovered are not good for you:

Medications that Have <i>Helped</i> in a Crisis	Medications that made me <i>Worse</i>




What do you need from others? What does support look like? Describe what your supporters can do for you that will be helpful and you feel better. This part of the plan is very important and deserves careful attention. Describe everything you can think of that you want your supporters to do for you. Include the things that you do not want others to do for you—things they might otherwise do because they think it would be helpful, but that might even be harmful or worsen the situation.

<b>Helpful</b> <b>(Things Others Can/Should Do)</b>	<b>Not Helpful</b> <b>(Things Others Should Not Do)</b>

If I require hospitalization, these are the acceptable and unacceptable facilities

<b>Preferred Treatment Facilities</b>	<b>Treatment Facilities to be Avoided</b>

 *Update the plan when you learn new information or change your mind about things. Date your crisis plan each time you change it and give revised copies to your supporters.*