

# Suicide Prevention and Intervention Resources: HELP NOW



Resource/Referral	Contact Information	Description
911	<b>911</b>	<ul style="list-style-type: none"> <li>If you or someone you know is in imminent danger</li> </ul>
National Suicide Prevention Lifeline	<b>1-800-273-TALK (8255)</b> Call or text Option 1 – Veterans  <a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>	<ul style="list-style-type: none"> <li>Available 24 hours a day, every day; <i>ayudar in Espanol</i> and multiple languages</li> <li>For individuals experiencing, or at risk of, a psychological crisis</li> <li>Skilled counselors; referral to crisis center in your area</li> <li>Dedicated line for Veterans, including confidential chat</li> </ul>
Crisis Text Line	<b>Text 741741</b>	<ul style="list-style-type: none"> <li>Crisis Text Line serves anyone, in any type of crisis, providing access to free, 24/7 support and information via text.</li> <li>A live, trained Crisis Counselor receives the text and responds from a secure online platform.</li> <li>The goal of any conversation is to help callers reach a calm, safe place. That may include referrals for further help.</li> </ul>
Westchester County Crisis Prevention and Response Team - CPRT	<b>914-925-5959</b> Telephone Availability: 24/7 Mobile Response: Monday-Friday; please call to confirm hours available  <a href="http://www.stvincentswestchester.org/outpatient-programs/crisis-prevention-and-response-team">http://www.stvincentswestchester.org/outpatient-programs/crisis-prevention-and-response-team</a>	<ul style="list-style-type: none"> <li>Anyone experiencing, or at risk of, a psychological crisis</li> <li>Evaluation and crisis intervention</li> <li>Links to other community resources</li> </ul>

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Rockland County Behavioral Health - Resource Team BHRT	<p><b>845-517-0400</b>  <b>1-844-255-2478 (Toll Free)</b></p> <p>Telephone and Mobile Response: 24/7</p> <p><a href="http://rocklandgov.com/departments/mental-health">http://rocklandgov.com/departments/mental-health</a></p>	<ul style="list-style-type: none"> <li>• Anyone experiencing, or at risk of, a psychological crisis</li> <li>• Evaluation and crisis intervention</li> <li>• Links to other community resources</li> </ul>
Putnam County Crisis Prevention Hotline	<p><b>845-225-1222</b>            Telephone Availability: 24/7</p> <p><a href="http://www.putnamcountyny.com/suicide-prevention">http://www.putnamcountyny.com/suicide-prevention</a></p>	<ul style="list-style-type: none"> <li>• Anyone experiencing, or at risk of, a psychological crisis</li> <li>• Links to other community resources</li> <li>• Intervention is also available at the Emergency Room of Putnam Hospital Center 24 hours a day 7 days a week</li> </ul>
The Mental Health Association of Westchester: Walk-in Services	<p>In Mt. Kisco            344 Main Street, Suite 301  <b>914-666-4646</b>  <i>Please call to confirm hours available</i></p> <p>In White Plains            300 Hamilton Avenue, Suite 201  <b>914-345-0700</b>  <i>Please call to confirm hours available</i></p>	<ul style="list-style-type: none"> <li>• Services for individuals who can benefit from timely support</li> <li>• Staffed by licensed professionals and highly trained and experienced peer specialists</li> <li>• Linkages to other services as needed</li> </ul>

# Suicide Prevention and Intervention Resources: Information and Support



Resource/Referral	Contact Information	Description
211	<b>211</b>	<ul style="list-style-type: none"> <li>Provides information about health and human services in the community</li> </ul>
National Suicide Prevention Lifeline	<b>1-800-273-TALK (8255)</b> —call or text Option 1 – Veterans <a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a>	<ul style="list-style-type: none"> <li>Available 24/7; <i>ayudar in Espanol</i> and multiple languages</li> <li>For individuals experiencing, or at risk of, a psychological crisis</li> <li>Skilled counselors; referral to crisis center in your area</li> <li>Dedicated line for Veterans</li> </ul>
American Association of Suicidology	<b>202-237-2280</b> <a href="http://www.suicidology.org">www.suicidology.org</a>	<ul style="list-style-type: none"> <li>Information, training and education</li> <li>Resources for survivors of attempts</li> </ul>
NAMI – National Alliance on Mental Illness Westchester	<b>914-592-5458</b> <a href="http://www.namiwestchester.org">www.namiwestchester.org</a>	<ul style="list-style-type: none"> <li>Helpline Monday through Friday 9am-2pm</li> <li>Programs, resources and information for individuals and families</li> <li>Local grassroots chapters</li> </ul>
AFSP – American Foundation for Suicide Prevention	<a href="http://www.afsp.org">www.afsp.org</a>	<ul style="list-style-type: none"> <li>Local chapters, support groups, training and events</li> <li>Information, education, research</li> </ul>
The Trevor Project	1-866-488-7386 <a href="http://www.thetrevorproject.org">www.thetrevorproject.org</a> Text TREVOR to 1-202-304-1200	<ul style="list-style-type: none"> <li>Crisis intervention and suicide prevention for LGBTQ youth</li> <li>The TrevorLifeline is available 24/7</li> <li>Online messaging and TrevorText available; days and times vary</li> </ul>
The Jed Foundation	<a href="http://www.jedfoundation.org">www.jedfoundation.org</a>	<ul style="list-style-type: none"> <li>Empowers teens and young adults with the skills and support to grow into healthy, thriving adults</li> </ul>
<b>Find a Support Group</b>	<a href="https://afsp.org/find-support/ive-lost-someone/find-a-support-group/">https://afsp.org/find-support/ive-lost-someone/find-a-support-group/</a>	<ul style="list-style-type: none"> <li>The American Foundation for Suicide lists support groups as a public service. They do not run, endorse or fund any of the groups listed on their website.</li> </ul>

# Suicide Prevention and Intervention Resources: Education and Training @ MHA



Course	Upcoming Dates	Description	Registration Information
Applied Suicide Intervention Skills Training (ASIST)	January 23 - 24, 2019 (2-day training; 9:00 am to 5:00 pm each day)  580 White Plains Road, Suite 510 Tarrytown, NY 10591	ASIST is appropriate for all members of the community regardless of prior experience or training. It is based upon the premise that most people who have thoughts of suicide do not fully want to die but are struggling with pain in their lives, and that through their words and actions, invite help to stay alive. ASIST is also appropriate for professionals of all disciplines who can enhance their skills with these trainings. Participants will learn about “contributaries” to thoughts of suicide, to recognize “invitations” to ask about thoughts of suicide, to have a conversation with someone at risk, and to connect to effective sources of support.	<ul style="list-style-type: none"> <li>• Course fee: \$75 (New York State Office of Mental Health provides support for this training.)</li> <li>• 15 Contact Hours for New York State Licensed Master Social Workers, Licensed Clinical Social Workers, and Licensed Mental Health Counselors available.*</li> </ul>
SafeTALK	Monday, October 22, 2018 10:00 am to 1:00 pm  580 White Plains Road, Suite 510 Tarrytown, NY 10591	Thoughts of suicide are common – more than 9 million American adults acknowledged having thoughts of suicide when asked that question in 2014. Recognizing and acknowledging risk of suicide is a powerful beginning to help save a life. safeTALK is a 3 hour training that teaches people not to “miss, dismiss, or avoid” signs of suicidal thinking, effective ways to start the conversation, and provides information to help connect individuals at risk to useful supports and services. safeTALK is designed for all community members, as any of us in our personal or professional lives may have friends, family members, colleagues, or people with whom we work who are at risk. safeTALK is not recommended for individuals who have completed ASIST training.	<ul style="list-style-type: none"> <li>• Course fee: \$10 (New York State Office of Mental Health provides support for this training.)</li> <li>• 3 Contact Hours for New York State Licensed Master Social Workers, Licensed Clinical Social Workers, and Licensed Mental Health Counselors available.*</li> </ul>

*\*Suicide Prevention Center of New York (SPCNY), SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0384. The Suicide Prevention Center of New York (SPCNY), is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors #MHC-0090. For more information and to register, please contact Chuck Rosenow at [rosenowc@mhawestchester.org](mailto:rosenowc@mhawestchester.org) or 914-345-5900*