



Great Lakes MHTTC

SUICIDE PREVENTION



There has been a steady rise in suicide rates among adolescents and young adults in the United States and suicide has climbed to be the 2nd leading cause for death among school-aged youth. Educators are key players in carrying out suicide prevention strategies for school-aged youth. As students spend on average over 1,000 hours at school each year, schools play a vital role in the health and wellbeing of our young people.

SAMHSA's [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 the **Great Lakes MHTTC Suicide Prevention Guide** is to provide local and state specific resources for school personnel in the Great Lakes MHTTC Region (IL, IN, MI, MN, OH, and WI). The resources in this guide highlight intervention services available for immediate support. All states have access to 24/7 free, confidential support via telephone and text. Many areas have mobile crisis response units available for immediate in-person assessment and intervention. Additionally, students have access to free or sliding-scale ongoing counseling support in the community when it is not available at their schools.

Also included in this guide are our region's suicide prevention strategies for schools. These state-specific tools can be used to assist schools in creating comprehensive youth suicide prevention programming.

This list is by no means comprehensive. **We will continue to update this guide as we become aware of new resources.** If you know of an organization that provides crisis intervention, counseling, or suicide prevention resources, please email the Great Lakes MHTTC at sarah.mcminn@wisc.edu.



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.

Crisis Text Line (<https://www.crisistextline.org/texting-in>) provides 24/7 free, confidential support via text. A listing of each state's text code can be found below. Anyone can text HOME to 741741 at any time from any place to receive immediate support.

Now Matters Now (<https://www.nowmattersnow.org/skills>) provides concrete resources, skills, and tools for coping with suicidal ideation.

Suicide Prevention Resource Center (<https://www.sprc.org/>) provides resources on how to create, implement, and improve suicide prevention strategies at your school.

ILLINOIS

State Text Code: Text CONNECT to 741741 for immediate support.

Suicide Prevention Services of America (<https://www.spsamerica.org/i-need-help>) in Batavia provides 24/7 free, confidential support via phone. They provide counseling on a sliding fee scale, suicide loss support groups, and suicide prevention and intervention training. Call 630-482-9696 for immediate support.

C4 Community Counseling Centers of Chicago (<https://www.c4chicago.org/services/suicide-prevention>) provides 24/7 free, confidential support via phone. They also provide direct referrals for follow-up counseling as needed. Call 773-769-0205 for immediate support.

Centerstone (<https://centerstone.org/locations/illinois/>) provides 24/7 free, confidential support via phone. They also provide in-person assessments and mobile crisis response services around the state. Additionally, they provide direct referrals for follow-up counseling as needed. Call 1-855-985-0911 for immediate support. To schedule an appointment at any location call 1-855-608-3560.

Elyssa's Mission (<http://elyssasmision.org/>) provides training and resources for suicide prevention. They help implement the Signs of Suicide (SOS) program in middle and high schools around Illinois. Call 847-697-9181 for more information and to get your school involved.

Illinois State Board of Education (<https://www.isbe.net/Pages/Suicide-Prevention.aspx>) hosts a wealth of information for schools, staff, and students about suicide prevention in schools. This includes the Illinois Youth Suicide Prevention Toolkit (<https://www.isbe.net/Documents/Suicide-Prevention-Procedures.pdf>) to assist schools in creating a comprehensive youth suicide prevention program.

Illinois Department of Public Health (<http://www.dph.illinois.gov/topics-services/prevention-wellness/suicide-prevention>) hosts comprehensive information on Indiana's suicide prevention plan.

INDIANA

State Text Code: Text IN to 741741 for immediate support.

Community Health Network (<http://www.havehope.com/>) provides information for all local, county, and state resources. They also provide a treatment locator map for the state. Additionally, they provide educational materials for youth, parents, and educators on how to identify risk factors and warning signs and how to talk to youth about suicide.



Crisis Center, Inc. (<https://crisiscentersb.org/crisis-contact-hotline>) in Gary provides 24/7 free, confidential support via phone. For local care call 219-938-0900 for immediate support. For statewide care call 1800-519-0469 for immediate support.

Families First Indiana (<https://www.familiesfirstindiana.org/crisis-and-suicide-intervention>) provides 24/7 free, confidential support via text and phone. Call 317-251-7575 or text CSIS to 839863 for immediate support.

A Better Way (<https://abetterwaymuncie.org/>) in Muncie provides 24/7 free, confidential support via phone. Call 765-747-9107 for immediate support.

Indiana Suicide Prevention (<https://www.in.gov/issp/>) provides information for local, county, and state resources. They also provide a treatment locator map for the state. Additionally, they provide educational materials for youth, parents, and veterans on how to identify risk factors and warning signs and how to provide support to loved ones.

Indiana Department of Education (<https://www.doe.in.gov/student-services/suicide-prevention-and-response>) hosts a wealth of information for schools, staff, and students about suicide prevention in schools. This includes the Comprehensive Resource Guide for Indiana Schools (<https://www.doe.in.gov/sites/default/files/student-services/suicide-resource-guide-indiana-schools-4.pdf>) to assist schools in creating a comprehensive youth suicide prevention program.

Indiana Department of Health (<https://www.in.gov/isdh/25392.htm>) hosts comprehensive information on Indiana's suicide prevention plan.

MICHIGAN

State Text Code: Text HELLO to 741741 for immediate support.

Common Ground (<https://commongroundhelps.org/>) in Pontiac provides 24/7 free, confidential support via text, online chat, email, and phone. They also provide in-person assessments and crisis intervention 24/7, including mobile support and recovery teams. Additionally, they provide prevention, postvention, and suicide loss support groups. Call 1-800-231-1127 for immediate support.

Macomb County Community Mental Health (<http://www.mccmh.net/>) provides 24/7 free, confidential support. They also provide walk-in appointments and next day appointments for mental health services at their crisis center. They accept all insurance and uninsured patients. Call 586-948-0222 for immediate support.

Gryphon Place (<https://www.gryphon.org/services/suicide-prevention-and-crisis-support>) in southwest Michigan provides 24/7 free, confidential support. They also provide support groups for suicide loss survivors and suicide prevention trainings. Call 269-381-HELP for immediate support.

Listening Ear (<http://www.listeningear.com/programs/24-hour-crisis-services/>) in Isabella (989-772-2918) and Clare (989-386-2774) counties provide 24/7 free, confidential support. They also provide free in-person support and assessment M-F 8:30am-4:30pm. Call 989-773-6904 to get connected.

Michigan Department of Education (<https://www.michigan.gov/mde/0,4615,7-140-74638-199286--,00.html>) provides information for schools, staff, and students to assist in creating a comprehensive youth suicide prevention program.

Michigan Department of Health and Human Services (<https://www.michigan.gov/mdhhs>) hosts comprehensive information on Michigan's suicide prevention plan.



MINNESOTA

State Text Code: Text MN to 741741 for immediate support.

Mental Health Minnesota (<https://mentalhealthmn.org/>) provides peer support groups around the state. They also run the Minnesota Warmline, a call and text support line answered by certified peer specialists with lived experience. This line is available Monday-Saturday 5pm-10pm. Call 651-288-0400 or text SUPPORT to 85511 for immediate support.

Canvas Health (<https://www.canvashealth.org/crisis-support/>) provides free mobile crisis response for immediate in-person support and assessment and Question, Persuade, Refer (QPR) suicide prevention trainings. They serve the Dakota Communities and several counties in Minnesota. For Anoka County mobile crisis call 763-755-3801. For Scott County mobile crisis call 952-818-3702. For East Central mobile crisis call 1-800-523-3333.

Crisis Response for Southeast Minnesota (<https://crisis2southeastmn.com/>) provides 24/7 free, confidential support. They also provide free mobile crisis response for immediate in-person support and assessment. Call 1-844-CRISIS2 for immediate support.

SAVE – Suicide Awareness Voices of Education (<https://save.org/>) provides support groups for suicide loss survivors. They also provide training in suicide prevention training for schools, youth, and communities.

Minnesota Department of Education (<https://education.mn.gov/MDE/dse/safe/res/resp/>) hosts a wealth of information for schools, staff, and students to assist schools in creating a comprehensive youth suicide prevention program.

Minnesota Department of Health (<https://www.health.state.mn.us/communities/suicide/>) hosts comprehensive information on Minnesota's suicide prevention plan.

OHIO

State Text Code: Text 4HOPE to 741741 for immediate support.

Ohio Suicide Prevention Foundation (<https://www.ohiospf.org/>) provides information for national, state, and county hotlines and resources. They also host Ohio Local Outreach of Suicide Survivor (LOSS) teams (<http://www.ohiospf.org/loss-teams/>) to provide postvention activities and support.

Ohio Life Saver (<https://suicideprevention.ohio.gov/>) provides information for local crisis intervention and ongoing mental health support for post-secondary, college, and university students. Text 4HOPE to 741741 for immediate support.

Safer Schools Ohio (https://saferschools.ohio.gov/content/school_mental_health) hosts a wealth of information for schools, staff, and students about suicide prevention in schools. This includes training and education through the Ohio Suicide Prevention Foundation (<http://www.ohiospf.org/k-12/>).

Ohio School Boards Association (<https://www.ohioschoolboards.org/suicide-prevention-resources>) hosts a wealth of information for schools, staff, and students about suicide prevention in schools.

Ohio Mental Health and Addiction Services (<https://mha.ohio.gov/Prevention/Suicide-Prevention/Ohios-Suicide-Prevention-Plan>) hosts comprehensive information on Ohio's suicide prevention plan.

WISCONSIN

Wisconsin State Text Code: Text HOPELINE to 741741 for immediate support.

Prevent Suicide Wisconsin (<https://www.preventsuicidewi.org/home>) provides information for national, state, and county hotlines and resources. They also deliver information on resources and support groups around the state for suicide loss survivors and suicide attempt survivors.



Prevent Suicide Milwaukee (<https://www.preventsuicidemke.com/>) serves the Great Milwaukee Area and provides local support and resources. They also host free Question, Persuade, Refer (QPR) Suicide Prevention Training.

Center for Suicide Awareness (<https://centerforsuicideawareness.org/>) hosts **HOPELINE**, a free and confidential 24/7 text-based crisis hotline. Text HOPELINE to 741741 for immediate support. They also provide support groups for veterans and suicide loss survivors.

NAMI Fox Valley (<https://www.namifoxvalley.org/alttosui/>) hosts an Alternatives to Suicide peer support group on the 2nd and 4th Thursday of every month. For more information contact Vicki Rivera: 920-954-1550.

Wisconsin Department of Public Instruction (<https://dpi.wi.gov/sspw/mental-health/youth-suicide-prevention>) hosts a wealth of information for schools, staff, and students about suicide prevention in schools. This includes the Wisconsin Youth Suicide Prevention Guide (<https://dpi.wi.gov/sites/default/files/imce/sspw/pdf/spguide.pdf>) to assist schools in creating a comprehensive youth suicide prevention program.

Wisconsin Dept. of Health Services (<https://www.dhs.wisconsin.gov/injury-prevention/suicideprevention.htm>) hosts comprehensive information on Wisconsin's suicide prevention plan.