

## HANDOUT F: Resources

### Know the Signs Website—<http://www.suicideispreventable.org>

- A review of warning signs/risk factors as well as further information about local resources. Under “Reach Out,” a page exists for each county in California.

### Suicide Prevention Toolkit for Rural Primary Care Practices (Suicide Prevention Resource Center and the Western Interstate Commission for Higher Education)

- Additional copies can be downloaded at no cost from <http://www.sprc.org/webform/primary-care-toolkit>.
- Hard copies of the toolkit are available for \$25 through WICHE Mental Health Program. Please contact [MentalHealthEmail@wiche.edu](mailto:MentalHealthEmail@wiche.edu) or call 303-541-0311.

### Patient Health Questionnaires (PHQ) Screening Tools

- The PHQ-9 and other screening tools offer clinicians concise, self-administered screening and diagnostic tools for mental health disorders that have been field-tested in office practice. <http://www.phqscreeners.com>

### MY3 Suicide Prevention Mobile App

- A tool that you can share with your patients as part of the safety planning process.
- Guidance for safety planning is available on the MY3 website as well as marketing materials that providers can use with patients. [www.MY3app.org](http://www.MY3app.org)

### California Department of Public Health EpiCenter

- State- and county-level data on deaths, hospitalizations, and emergency room visits for self-inflicted injuries. <http://epicenter.cdph.ca.gov/>

### [www.MDHelpSD.org](http://www.MDHelpSD.org)

- This site is designed to help primary care physicians recognize symptoms of mental disorders in their patients. Resources include tips for talking with patients about their concerns, information on recognizing warning signs of mental illness, helpful fact sheets, and more.

### Zero Suicide in Health and Behavioral Health Care

- Zero Suicide is a commitment to suicide prevention in health and behavioral health care systems and also a specific set of tools and strategies. <http://zerosuicide.actionallianceforsuicideprevention.org>

## National Suicide Prevention Lifeline

- A 24-hour, toll free, confidential suicide prevention hotline available to anyone in a suicidal crisis or emotional distress. Calls to 1-800-273-8255 (TALK) are routed to the nearest crisis center in a national network of local crisis centers that provide crisis counseling and mental health referrals day and night. There are Lifeline crisis centers throughout California.
  - Press 1 if you are a veteran or concerned about a veteran; chat and text services are also available.
  - 24/7 Spanish language Lifeline network can be reached by calling 1-888-628-9454. Teleinterpreter services support 150 additional languages.
  - <http://www.suicidepreventionlifeline.org>

## Additional Primary Care Resources and Training Options

**Counseling on Access to Lethal Means** is a 1.5–2 hour workshop designed to help providers implement counseling strategies to help clients at risk for suicide and their families reduce access to lethal means. Suicide Prevention Resource Center Training Institute online course: <http://training.sprc.org/course/description.php>

**Kognito At-Risk in Primary Care** is a 1-hour interactive training simulation that prepares primary care providers to recognize when a patient's physical ailments may be masking underlying trauma-related mental health disorders, including PTSD and depression, and how to build a treatment plan. Contact [ron@kognito.com](mailto:ron@kognito.com) or visit [www.kognito.com](http://www.kognito.com).

**Partnership for Male Youth: Health Provider Toolkit for Adolescent and Young Adult Males.** This clinical toolkit is for health care providers who serve adolescent and young adult (AYA) males between the ages of 10 and 26. It is designed to address AYA males' unique health care needs. <http://www.ayamalehealth.org/>

**Behavioral Health in Primary Care: Clinical Strategies and Program Models for Working with High-Risk Youth.** This page hosts a series of video presentations for health care providers interested in the integration of mental health services into medical settings. The presentations cover specific clinical skills for medical staff to help them identify, assess, treat, and refer high-risk youth and systems-level interventions that have supported the health care integration at county and state levels. [www.sprc.org/training-institute/behavioral-health-primary-care-clinical-strategies-and-program-models-working-high-risk-youth](http://www.sprc.org/training-institute/behavioral-health-primary-care-clinical-strategies-and-program-models-working-high-risk-youth)