


Montgomery County

Suicide Crisis and Prevention

Resource Guide



The mission of the **Montgomery County Suicide Prevention Taskforce** is to develop and implement strategies to reduce the risk of suicide in Montgomery County through the collaborative efforts of community agencies and service providers.



Suicide is preventable.

With help comes hope.

How To Use This Guide

On the following pages, you will find information about:

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Whether you are searching for help for yourself or a loved one, please keep in mind that the following is just a sampling of all that may be available. Schools, churches, community groups, and medical providers are also often able to offer support and resources.

By looking for help, you are already taking an important step towards finding a way out of the darkness. You are not alone.

With help comes hope.

Finding Help: Emergency/Crisis Services

If you feel you are in a crisis, whether or not you are thinking about taking your life, please call one of the resources below. People have called for help with substance abuse, economic worries, relationship and family problems, sexual orientation, illness, getting over abuse, depression, mental and physical illness, and even loneliness. ***With help, comes hope.***

**If you are in need of IMMEDIATE help:
Call 9-1-1 or
Go to your local area hospital Emergency Department**

Montgomery County Mobile Crisis Support:

Mobile Crisis Support for Children, Adults, and Families
Available 24 hours a day/7 days a week at **1-855-634-4673**

County Hotlines:

Peer Support Talk Line

Available 7 days a week, 1:00pm to 9:00pm at **1-855-715-8255**

Teen Talk Line

Call: **866-825-5856**, Text: **215-703-8411**, or Email:

teentalkline@accessservices.org

National Suicide Prevention Lifeline:

1-800-273-TALK (8255)- Veterans Press 1

1-877-565-8860 –Trans Lifeline

741741– National Crisis Text Line

Finding Help: Warning Signs

- Talking about suicide, wanting to die or kill oneself
- Looking for a way to kill oneself, such as searching online or buying a gun
- Talking about feeling worthless, hopeless, or having no reason to live
- Talking about being a burden to others
- Suddenly happier and calmer, especially after a period of depression or sadness
- Giving away prized possessions
- Getting affairs in order, making arrangements
- Increasing alcohol or drug use
- Preoccupation with death
- Acting anxiously or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings



Finding Help: What to Do

What to Do :

Take it seriously, **Act NOW.**

- Tell the person why you are concerned
- Don't be afraid to ask if he/she is suicidal
- Do not try to argue someone out of suicide
- Encourage the person to seek professional help immediately
- If it is a crisis, don't leave him/her alone
- Remove firearms, medications, and other objects that could be used in an attempt
- Call 9-1-1, call Mobile Crisis, or take the person to the emergency room
- Offer encouragement and support after the crisis

Finding Help: Hospitals

If you are in need of IMMEDIATE help:

**Call 9-1-1 or go to your local area hospital
Emergency Department.**

If you, or someone you care about, feel that you need the 24 hour care and support of a hospital setting, you can request a **Voluntary Hospitalization**. There are several **psychiatric hospitals** located within Montgomery County that provide treatment intervention. These hospitals offer a therapeutic environment designed to promote healing and recovery. They all provide assessment and intervention **24 hours/day and 7 days/week**. In addition, many local hospitals have psychiatric units and can also offer treatment.

If you or your loved one are NOT in immediate danger, **call your insurance provider** for a complete list of hospitals and information about space and availability. You can also call **Mobile Crisis Services** at **1-855-634-4673 (available 24/7 to children, adults, and families)**

If you believe someone presents a danger to themselves or others, and is unwilling to go to a hospital, an **Involuntary Hospitalization** may be necessary to get them help:

For individuals age 18 or older:

Contact **Montgomery County Mobile Crisis:**
1-855-634-HOPE (4673)

For individuals under 18:

Contact **The Horsham Clinic:** 1-800-237-4447
or **Brooke Glenn Behavioral Hospital:** 215-641-5404

Emergency Care: What to Expect

If you call 9-1-1: The operator will first ask for your name and location. This is so that help can find you if the call is interrupted or dropped. You will then be asked to describe your emergency. Tell the operator what is happening, and they will dispatch help. An ambulance will come pick you up. Don't be surprised if a police car, and even a fire truck, comes as well. It's normal for the dispatcher to send several forms of emergency response just to be safe. Explain to the emergency responders how you feel and what is happening. If you have a preference of which hospital to go to, tell the emergency responders and as long as it's a reasonable request, they can take you there. If you have time and are able, it would be helpful for you to bring your insurance card, form of I.D., a change of clothes, and a list of important numbers so that you or the hospital staff can notify a support person of where you are.

If you call Mobile Crisis: The person who answers your call will ask you for your name and location. They may also ask you about what kind of insurance you have; this information will help them if they need to connect you to care. They will talk with you about what is happening and how you're feeling, offering support and encouragement. If after speaking, you are feeling better, they will offer to follow-up with you and connect you to services like counseling. If you feel you are still in crisis, a crisis worker will come meet you at a location of your choice. From there, they will speak with you and help you decide what kind of help you need. If at any point the crisis worker on the phone, or in person, thinks that you are in immediate danger, they will call 9-1-1.

If you go to an Emergency Room: If possible, bring with you: form of ID, insurance card, list of important numbers, and a change of clothes. When you walk in to an emergency room, you will either be greeted by a check-in clerk or a triage nurse. Explain to them why you are there. Depending on the severity of the crisis, you may have to spend some time in the waiting area. You will be seen by a nurse, probably a social worker, and be evaluated by a doctor. Even though you are there for suicidal thoughts, they will still take your blood pressure, temperature, and other basic tests to ensure that you aren't in medical danger. The evaluation by the psychiatrist will help the hospital determine whether or not it's appropriate to admit you or find another facility with availability. The process can sometimes take several hours, but remember, you're there to help yourself, and **you are worth the wait.**

If you go to a Psychiatric Hospital: The process is very similar to an ER. You will likely speak to an intake worker, social worker, and be evaluated by a psychiatrist. The process may go quickly, or may take several hours. **You are worth it.** If after the evaluation, it is determined that you do not need inpatient care, the social worker at the hospital can help refer you to community supports like counseling, support groups, or your local community behavioral health center.

Finding Help: Counseling

For many people, having a professional support person to talk to can be incredibly healing. Often this takes the form of counseling. If you have insurance, call the *Customer Service Number* on the back of your insurance card and ask the care manager for help in locating a treatment provider near you. Remember: *With help comes hope.*

If you have no insurance, or are having difficulty finding a counselor, you can always call your **local Community Behavioral Health Center**. Community Behavioral Health Centers are the cornerstones of the public mental health system in Montgomery County. In addition to counseling, they also offer Peer Support, case management, psychiatry, career centers, groups, and much more. You can call and request information about a specific service, or ask to speak to an Administrative Case Manager, whose job it is to be the “front door” to the mental health system.

Community Behavioral Health Centers

Norristown Region:

Central Behavioral Health (Children, Adolescents, & Adults)

1100 Powell Street

Norristown, PA 19401

Phone: 610-277-4600

Website: www.centralbh.org

Lower Merion Region:

Lower Merion Counseling Services (Children, Adolescents, & Adults)

7 E. Lancaster Ave, Ardmore PA 19010

Bryn Mawr, PA 19010

Phone: 610-520-1510

Website: www.rhd.org/Program.aspx?pid=76

Franconia/Salford Region:

Penn Foundation (Children, Adolescents, & Adults)

807 Lawn Avenue

Sellersville, PA 18960

Phone: 215-257-6551

Website: www.pennfoundation.org

Finding Help: Counseling

Community Behavioral Health Centers Cont.

Pottstown Region

Creative Health Services, Inc. (Children, Adolescents, & Adults)

11 Robinson Street
Pottstown, PA 19464

Phone: 610-326-2767

Website: www.creativehs.org

Lansdale Region:

Merakey (Formerly NHS) - (Children, Adolescents, & Adults)

400 N. Broad Street
Lansdale, PA 19446

Phone: 215-368-2022

Website: www.nhsonline.org

Abington Region:

Child and Family Focus (Children and Adolescents)

2935 Byberry Rd, #108
Hatboro, PA 19040

Phone: 215-957-9771

Website: www.childandfamilyfocus.org

Central Behavioral Health (Adults)

2500 Maryland Rd
Willow Grove, PA 19090

Phone: 267-818-2220

Website: www.centralbh.org

US Dept. of Veteran Affairs

Montgomery County Vet Center

320 E. Johnson Hwy, Suite 201
Norristown, PA 19401

Phone: 215-823-5245 or 877-927-8387

Website: www.veteranscrisisline.net

Get Involved: Training & Education

Every single person has a role to play in preventing suicide and inspiring hope. Check out the following trainings, and see if there's one that fits your needs and interests. Some trainings can be taken online, others in person, some trainings are free, and others are not. There's something for everyone, and together we can all help spread the word that: ***with help, comes hope.***

QPR: Question, Persuade, Refer

3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. QPR can be learned in the Gatekeeper course in as little as one hour.

Website: www.qprinstitute.com

To schedule a training in Montgomery County, contact: Montgomery County Suicide Prevention Taskforce Training Coordinator, Erin Hewitt, ehewitt@montcopa.org or 610-278-1238

Mental Health First Aid (Youth and Adult)

Mental Health First Aid is an 8-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it builds mental health literacy, helping the public identify, understand, and respond to signs of mental illness.

Website: www.mentalhealthfirstaid.org

Contact: Southeast Regional Mental Health Services Coordination Office, regional.mh@pmhcc.org or 610-313-0968

Many of the school districts in Montgomery County have certified Youth Mental Health First Aid Trainers. If you are from a school district, please ask your school administration if you have a local trainer.

Get Involved: Training & Education Cont.

CALM: Counseling on Access to Lethal Means

A 1.5 to 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, particularly (but not exclusively) firearms. It includes a number of components: background on suicide data and lethal means; an introduction to firearms; video presentation that models the counseling strategy; a presentation and discussion on conducting a counseling session; optional role plays.

Website: <http://training.sprc.org/>

ASIST: Applied Suicide Intervention Skills Training

Virtually anyone age 16 or older, regardless of prior experience or training, can become an ASIST-trained caregiver. During the two-day interactive session, participants learn to intervene and help prevent the immediate risk of suicide. Over 1,000,000 people have taken the workshop, and studies have proven that the ASIST method helps reduce suicidal feelings for those at risk.

Website: www.livingworks.net

Operation SAVE (Veterans)- *however it applies to anyone and is free info*

Operation SAVE can help someone act with care and compassion if they encounter a person who is suicidal. The acronym “SAVE” summarizes the steps needed to take an active and valuable role in suicide prevention. Signs of suicidal thinking Ask questions Validate the person’s experience Encourage treatment and expedite getting help.

Website: www.sprc.org/bpr/section-III/operation-save-va-suicide-prevention-gatekeeper-training

Get Involved

Make suicide prevention training and awareness a part of **new hire orientations and ongoing staff development, no matter your business or industry.**

Visit **www.store.samhsa.gov** for
FREE Suicide Prevention materials:

-Suicide Safe Mobile App

-Suicide Assessment Five-Step Evaluation and Triage Pocket Card for Clinicians

-Lifeline wallet cards and magnets

-Suicide Awareness brochures in English and Spanish

Put them around your office space, place on tables during events, distribute to all staff, hang magnets on your fridge, include in welcome packets to new members, post on community boards, add banners and logos to social media and websites.



<https://www.preventsuicidepa.org/blog/>

Prevent Suicide PA offers education, suicide awareness, and collaboration with the community to reduce suicide risks and rates. Please visit the webpage for more information.

Get Involved: Reporting Concern via Social Media

Technology is all around us, and young people especially are expressing themselves via social media platforms. Don't ignore posts that may indicate suicidal thoughts. Instead, follow the directions below and you just may save a life!

Facebook: To anonymously report concerning content on Facebook, click the comment, then "report", select "about someone else", then "harmful behavior", then "suicidal content". A member of Facebook's Safety Team will send the user an e-mail with the Lifeline number and possibly a link to chat with a Lifeline counselor.

Twitter: Select "Self-Harm" to send an e-mail to Twitter to report concerning or suicidal content. Twitter will send the user a direct message with the Lifeline number.

YouTube: To report suicidal content, click on the flag icon under a video and select "Harmful Dangerous Acts" and then "Suicide or Self-Injury." You Tube will then review the video and may send a message to the user who uploaded the video with the Lifeline number.

Tumblr: Write an e-mail to Tumblr about the user you are concerned for. Include as much information as possible including the URL of the Tumblr blog. A member of Tumblr's Safety Team will send the user an e-mail with the Lifeline number.

Where To Go for More Information

Crisis Residential Services (CRS):

Are short term residences for adults who are experiencing psychiatric crisis. Referrals for this service can happen through a variety of ways. If you or someone you support may need crisis residential services, please contact Mobile Crisis at 1-855-634-4673.

Local Resources :

Montgomery County Mobile Crisis

1-855-634-HOPE (4673)

www.montcopa.org/2064/Crisis-Services

Peer Support Talk Line

Available 7 days a week, 1:00pm to

9:00pm at 1-855-715-8255

www.montcopa.org/2064/Crisis-Services

Teen Talk Line

Call 866-825-5856, Text 215-703-8411,
or Email teentalkline@accessservices.org
www.montcopa.org/2064/Crisis-Services

Montgomery County Suicide Prevention Taskforce

montcopa.org/suicidepreventiontaskforce

National Alliance on Mental Illness (NAMI)- Montgomery County

100 West Main Street, Suite 204

Lansdale PA, 19446

215-361-7784

www.nami-montcopa.org

Prevent Suicide PA

Phone: 717-885-9161

www.preventsuicidepa.org

National Resources :

National Suicide Prevention Lifeline:

1-800-273-TALK (8255)- Veterans Press 1

1-877-565-8860 –Trans Lifeline

741741– National Crisis Text Line

www.suicidepreventionlifeline.org

www.VeteransCrisisLine.net

Action Alliance for Suicide Prevention

actionallianceforsuicideprevention.org/

The Trevor Helpline-For LGBTQIA Youth

Trevor Lifeline: 1-866-488-7386

Trevor Textline: Text "Trevor" to
1-202-304-1200

(Monday-Friday 3 pm-10pm)

www.thetrevorproject.org/

Befrienders International/Samaritans

www.befrienders.org

Suicide Prevention Resource Center

www.sprc.org

American Foundation for Suicide Prevention

Toll-Free: 1-888-333-AFSP (2377)

www.afsp.org

American Association of Suicidology

www.suicidology.org

Minding Your Mind Foundation

Phone: 610-642-3879

Fax: 610-896-5704

www.mindingyourmind.org

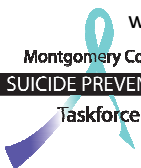
The Jed Foundation

www.jedfoundation.org

Montgomery County

SUICIDE PREVENTION

Taskforce



Where To Go for More Information

Drug and Alcohol Resources:

Narcotics Anonymous

www.na.org, 610-534-9510

Alcoholics Anonymous

www.aa.org , 215-923-7900

Nar Anon Anonymous (Family Members)

1-800-477-6291

Ala Anon Anonymous (Family Members)

1-800-344-2666

PROACT Hotline (24 Hours)

1-800-221-6333

Dual Recovery Anonymous (DRA)

Call Penn Foundation: 215-257-6551

For questions regarding specific locations in Montgomery County, please call the County Case Coordination Administrative staff at **610-278-3642**

Family and Bereavement Support

The Center for Loss and Bereavement

3847 Skippack Pike, P.O. Box 1299
Skippack, PA 19474
Phone: 610-222-4110
Fax: 610-222-4116
www.bereavementcenter.org

Widow & Widower Support Group

(Two Wednesdays each month,
7:30-9:15 pm)
45 Haverford Road, Wynnewood, PA
610-896-5720

SOS-Survivor of Suicide Support Group

(1st Wednesday every month, 7:30pm)
Bryn Mawr Hospital- Conference Room F
on the Second Floor in E Wing.
130 S. Bryn Mawr Avenue, Bryn Mawr, PA
www.sosphilly.org

*If you have lost a loved one to suicide and are interested in leading a support group with and for other loss survivors in Montgomery County (specifically in the Abington, Norristown, Lansdale, or Pottstown areas) contact **philly-sos@hotmail.com** for more information about getting involved. For additional Support Group Locations in other areas go to American Foundation for Suicide Prevention at afsp.org.*

Bereavement Group

For Adult Children coping
with parental death.
(2nd Tuesday of every month
from 7:30-9 pm)
Elkins Park Library, 215-635-0176

The Compassionate Friends

(1st Thursday of the month , 7:45pm)
Good Shepherd Lutheran Church
132 E Valley Forge Rd
King of Prussia, PA 19406
484-919-0820
www.compassionatefriends.org

Comforter's Counseling Center

(4th Tuesday of every month)
Support group for parents who have
experienced loss of a child.
Lansdale Presbyterian Church
450 Oak Park Road, Lansdale PA
215-362-1962

Grief Recovery Program

Abington Presbyterian Church
1082 Old York Road, Abington PA
Register by calling 215-481-5877 or
215-481-5878

Counseling Network for Loss and Transition

Support group for Young Widows
and Widowers—Under age 50
(Alternate Thursdays from September
through June, 7:30-9 pm)
Allegheny University Hospital-Elkins
Park Campus. 215-624-8190

** Please be advised: Schedules, times, and meeting locations may change. Please call prior to confirm.



REGIONAL SUICIDE PREVENTION TASK FORCE
OF SOUTHEASTERN PENNSYLVANIA

Representing Montgomery, Bucks, Delaware, Chester,
and Philadelphia

www.facebook.com/rsptf

www.rsptf.org

MONTGOMERY
CRISIS
SUPPORT

1-855-634-4673

Montgomery County
Suicide Prevention Taskforce

www.montcopa.org/suicidepreventionontaskforce

