

# PREVENTION OF SUICIDE

## RESOURCES



## YOUTH MENTAL HEALTH FIRST AID

Youth Mental Health First Aid is a course for participants 18 years and older who want to learn how to help an adolescent (age 12-18) who may be experiencing a mental health or addictions challenge or is in crisis. This course is designed for adults who regularly interact with young people, including parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens.

### TAKE THE 8.5 HOUR COURSE

All Youth Mental Health First Aid trainings are taught by DFL certified instructors. Three hours are self-paced and 5.5 hours are in a virtual classroom.

### EARN A 3 YEAR CERTIFICATE

Youth Mental Health First Aid is an evidence-based research-supported curriculum. Participants who complete the course will earn a Youth Mental Health First Aid Certificate, which is valid for 3 years.

### HOW TO REGISTER FOR THE TRAINING

Youth Mental Health First Aid Trainings are being offered by Directions for Living at no cost to organizations and individuals who work with youth in Pinellas County until September 30, 2021. Participants must register in advance for a training and spots are available on a first-come first-serve basis. Register now at [mentalhealthfirstaidpinellas.org](http://mentalhealthfirstaidpinellas.org). Private trainings for your organization or groups of 10-30 participants are encouraged.

### BE THE ONE TO MAKE A DIFFERENCE

1 in 5 Americans has a mental illness or substance use disorder, yet many are reluctant to seek help or don't know where to turn for care. Being able to recognize a mental health crisis can literally save someone's life.

### For More Information Contact:

MHFA@directionsforliving.org  
[www.mentalhealthfirstaidpinellas.org](http://www.mentalhealthfirstaidpinellas.org)

## Zero Suicide Partners of Pinellas

Zero Suicide Partners of Pinellas is an alliance that has formed a county-wide system of care to create a better safety net for individuals who are struggling emotionally and are at risk of suicide. Participating organizations include:

- BayCare Health System
- Boley Centers
- Catholic Charities, Diocese of St. Petersburg, Inc.
- Central Florida Behavioral Health Network
- Community Health Centers of Pinellas, Inc.
- Directions for Living
- Florida Department of Health, Pinellas County
- Florida Department of Juvenile Justice, Pinellas County
- Gulf Coast Jewish and Family Community Services
- Metro Inclusive Health
- National Alliance on Mental Illness (NAMI) Pinellas County
- Operation PAR, Inc.
- Personal Enrichment through Mental Health Services (PEMHS)
- Pinellas County Government
- Pinellas County Homeless Leadership Board
- Pinellas County Schools
- Public Defender, Sixth Judicial Circuit
- Suncoast Center, Inc.
- 2-1-1 Tampa Bay Cares
- Westcare Gulfcoast-Florida, Inc.

### MORE RESOURCES

- Your primary care doctor
  - Clergy or faith leader
  - Trusted friend or family member
- Trained counselors can provide support and connections to local resources.

**Teen Suicide Education & Peer to Peer Counseling:**  
<https://iansway.org/about/>

**Pinellas Wellness Connection:**  
<https://yougoodpinellas.org>

**August 1, 2021 Article from Tampa Bay times on Teen Suicide:**  
[https://tampabaytimes-fl.newsmemory.com/?publink=150e63973\\_1345e95](https://tampabaytimes-fl.newsmemory.com/?publink=150e63973_1345e95)

**Information about Remember our Children (R.O.C) Park in Madeira Beach:**  
<https://madeirabeachfl.gov/r-o-c-park/>

**Trans Lifeline:**  
877-565-8860

**GLBT National Hotline:**  
888-843-4564

**Trevor Lifeline:**  
866-488-7386

## LEARN THE WARNING SIGNS

People who take their lives show one or more warning signs by what they say or do.

### What They Show:

- Any drastic changes in mood
- Depression
- Anxiety
- Loss of interest
- Irritability
- Humiliation/Shame
- Agitation/Anger

### What They Say:

- Feel hopeless or have no purpose
- Feel trapped or in unbearable pain
- Feel they are a burden to others
- Feel like they want to die or kill themselves

### What You Can Do:

**TALK** – Talking about suicide has been shown to help save lives. If you notice a loved one, coworker, friend or acquaintance behaving differently or displaying some of the warning signs of suicide, start a conversation.

**LISTEN** – Take all threats seriously. Listen sensitively, carefully and without judgement. Someone in distress needs to be seen, heard and helped. Give them the opportunity to openly express their feelings. Follow your instincts and ask questions so you can understand the situation.

**CALL** – 911 in an emergency or if you believe someone is in immediate danger. If the situation is not urgent, offer alternatives -- encourage the person to call:

**National Suicide Prevention Lifeline:**  
1-800-273-8255  
<https://suicidepreventionlifeline.org/chat/>

**Wellness Connection Crisis and Support Line:**  
727-791-3131

Or in a crisis, text "NAMI" to 741741 for 24/7, confidential, free crisis counseling

**PROTECT** – Remove means of suicide such as medications or weapons.

**STAY** - If you believe someone is in immediate danger, stay with them until help can arrive.



**Juvenile Welfare Board**

Investing in children. Strengthening our community.