Suicide Prevention
Resource Guide
for the South Plains

You may only be someone in the world, but to someone else, you may be the world.
Coming Together To Care

Suicide in Texas is a serious public health concern—and one that might be addressed successfully through a coordinated and comprehensive approach aimed at prevention.

Consider the toll it is taking on our state:

- Slightly more than six Texans die from suicide each day with more deaths overall by suicide than by homicide.

- Suicide is the 10th leading cause of death for Texans and the third leading cause of death among youth ages fifteen to twenty-four, and the second leading cause of death for college age students.

- Regardless of age, males are more likely to die because of suicide than females.

- Suicide rates (number of deaths per 100,000 population) tend to be highest among senior Texans and the largest numbers of deaths by suicide tend to be in the middle ages.

- Suicide cuts across all ages, all ethnicities and both genders. Although Anglo white males have had the highest suicide rates, in Texas we have seen an increase in deaths by suicide for young African American males and an increase in deaths by suicide for middle aged women.

- National surveys indicate that Hispanic female teens report the highest number of suicide attempts, and Texas has more reported attempts for this group than those reported nationally.

www.texassuicideprevention.org
**Acadia Abilene Hospital**
4225 Woods Place, Abilene
(800) 335-3498
A crisis stabilization hospital providing inpatient treatment as well as outpatient treatment and has an outpatient clinic in Abilene. Provides a Children and Adolescent program for ages 5 to 17 as well as an adult and senior program. Provides chemical dependency treatment for adolescents and adults on an inpatient basis. Covers 61 counties.
www.AcadiaAbilene.com

**BCA Permian Basin**
3300 S. FM 1788
Midland, TX 79706
(877) 821-1758
A 64 bed, acute inpatient psychiatric facility with three full time psychiatrists. We treat ages 5 and up. Provide transportation and available 24/7 for a free, confidential assessment.
www.bcapermianbasin.com

**BCA’s Crisis Assessment Response Team (CART) is the mobile assessment team made up of Lubbock professionals serving the South Plains, that work in a collaborative and supportive relationship with referring agencies. Our mobile assessors can be dispatched to hospitals, nursing homes, physicians’ offices, schools, churches, businesses, and other area agencies for on-site crisis evaluation.**

**Brownfield Regional Medical Center ER**
705 East Felt Street, Brownfield
(806) 637-7911 (direct ER number)
Emergency Room staff and nursing administration can provide prevention and/or volunteers. They offer help to identify suicide attempts.
Canyon Lakes Residential Treatment Center
2402 Canyon Lake Dr., Lubbock
(806) 762-5782
Provide quality residential and day treatment care for children and adolescents who have serious emotional and behavioral problems and have not responded to traditional outpatient therapy.
www.canyonlakesrtc.com

Children’s Advocacy Center
720 Texas, Lubbock
(806) 740-0251
Conduct interviews for law enforcement and CPS; free counseling for families in their program; assessment of suicide risk
www.cacofsp.org/

Catholic Diocese of Lubbock
4620 Fourth St., Lubbock
(806) 792-3943
Youth ministries; coordinates with Catholic Family Services for counseling; Victim Assistance Coordinator for victims of clergy or church minister abuse; Marriage and Family Life Office offers support for healthy families.
www.catholiclubbock.org

Catholic Family Services
102 Ave. J, Lubbock
(806) 765-8475
Basic skill building for at-risk youth/runaway homeless youth. Evening parenting classes. Family-life counseling; self-sufficiency resources. Safe Place Program (30 counties)
www.cfslubbock.org
**Community Health Center of Lubbock**
1318 Broadway, Lubbock
(806) 765-2611 Ext. 2013
Provides individual, couple, and family therapy for patients of the Community Health Center of Lubbock (must receive referral from CHCL medical provider to receive mental health services)

**CONTACT Lubbock**
(806) 765-8393
Suicide Crisis intervention and prevention, school program - CHOICES, hot line for suicide crisis intervention and prevention, anti-bullying programs, QPR (Question, Persuade, Refer) training; Heartbeat program for survivors of suicide.
www.contactlubbock.org

**Covenant Counseling Center**
1302 Broadway, Lubbock
(806) 725-5443
Licensed professional counselors are available for a variety of counseling services. Counseling provided on Sliding Fee Scale to those who financially qualify. This is a Care for the Poor program.
www.covenanthealth.org/AboutUs/communityhealth/communityoutreach

**Covenant Medical Center Emergency Department**
3516 19th Street, Lubbock
(806) 725-3069 (non-emergencies)
Participate in Regional Advisory Council and Emergency Room Nurse Association which can provide prevention program volunteers, help to identify number of suicide attempts and offer a course on psychiatric emergencies in children.
Department of Family and Protective Services
Children’s Protective Services
1622 10th St., Lubbock
(806) 762-8922
Child Abuse Coalition; participates in Child Fatality Review Team for South Plains
www.dfps.state.tx.us

Department of State Health Services, HSR 1
6302 Iola Ave, Lubbock
(806) 783-6482
Provides education and training to 41 counties in the Panhandle and South Plains.
www.dshs.state.tx.us/region1

Lubbock Christian University Counseling Center
5601 19th St., Lubbock
(806) 720-7478
Focuses on helping students function and develop in the stimulating and stressful environment of college. Problems range in intensity from relatively mild distress to severe and chronic psychological disorders.
www.lcu.edu

Lubbock-Cooper ISD
16302 Loop 493, Lubbock
(806) 863-7100 Offers parent training

Lubbock County Juvenile Justice Center
2025 N. Akron, Lubbock
(806) 775-1800
Provides mental health services, behavioral health team, work with LISD, contracts with 18 counties, provide an 8 hour mental health training (Mental Health 101)
Lubbock Police Dept.
916 Texas Ave, Lubbock
(806) 775-2865
Work with Dr. Andy Young at Lubbock Christian University to provide an intervention team for support during tragedies. Work with volunteer crisis counselors. Offering a new 40 hour course for a Mental Health Peace Officer.
http://police.ci.lubbock.tx.us/

Lubbock Police Dept. Crisis Team
Group of 20+ volunteers who work Friday and Saturday night shifts and are on-call 24 hours/day. Assists with domestic disputes, intervention in suicide attempts, and offers family support
http://police.ci.lubbock.tx.us/community/crisisTeam.aspx

Lubbock Regional MHMR
1950 Aspen Ave.
Lubbock, Tx  79403
(806) 790-1048
CRISIS LINE: 806-740-1414
Provides a 24-hour/day crisis services including crisis intervention, facilitation of hospitalization, and crisis resolution. Mobile Crisis Outreach Team serves a five county area (Lubbock, Lynn, Hockley, Cochran, Crosby) and provides on-site crisis intervention services 24 hours a day. Work closely with law enforcement agencies. Provides short-term crisis services to individuals who do not meet criteria for in-patient hospitalization, but who can benefit from receiving intensive support over a period of a few days to a few weeks. We provide training on suicide prevention to various agencies, as well as intervention and post-vention services to individuals/agencies following a traumatic event.
**Managed Care Center**  
2345 50th St., Lubbock  
(806) 780-8300  
Provide educational materials and drug-related curriculum for families; provide adolescent counseling; youth prevention and intervention programs; residential treatment and outpatient services; VOICES Coalitions in 6 counties.  
[www.mccaoed.com](http://www.mccaoed.com)

**South Plains Association of Governments**  
1323 58th St., Lubbock  
(806) 762-8721  
Provide direct services to the elderly; hold Resources United quarterly meetings; produce the Red Book and house 2-1-1. (covers 15 counties)  
[www.spag.org](http://www.spag.org)

**Terry County Juvenile Probation**  
Terry County Courthouse, Brownfield  
(806) 637-6941  
Serves a rural area; works closely with schools and CRCGs (Community Resource Coordination Groups); provides family support

**Texas AgriLife**  
916 Main, Lubbock  
(806) 775-1680  
Training in the schools about money management, nutrition, and diabetes; Classes for parents; 5th grade bullying curriculum; Conduct Parenting Coalition meetings; Coordinates the Building Strong Families Conference  
[http://texasextension.tamu.edu/](http://texasextension.tamu.edu/)
Texas School Health Network
ESC Region 17 School Health Specialist
(covers 67 school districts in 20 counties)
1111 West Loop 289 Lubbock
(806) 792-4000
Available for aid in mental and social-emotional well-being promotion and suicide prevention awareness education; access to schools and school health advisory councils.

www.esc17.net

Texas Tech University Family Therapy Clinic
Human Sciences Building, Lubbock
(806) 742-3074
Located in the College of Human Sciences; provides individual, couples and family therapy; provides training for students, professional development; provides Survivors of Suicide program for compassion fatigue for professionals.

www.depts.ttu.edu/hs/mft/clinical_services.php

Texas Tech University Psychology Clinic
Psychology Building, 18th and Boston, TTU Campus
(806) 742-3711
Short- and long-term counseling and psychotherapy provided to individuals (children & adults), couples, and families; psychological and vocational assessments.

www.depts.ttu.edu/psychologyclinic/
Texas Tech University Health Service Center
Pediatric Clinics
3601 4th St, Lubbock
(806) 743-7337
Provide counseling; Conduct training for health providers and make recommendations for mental health care; offer free counseling for children on Medicaid.
www.ttuhs.edu/som/pediatrics/

TrustPoint Hospital
4302 Princeton St., Lubbock
(806) 749-2222
Provide inpatient services for patients who are 55 and older; provide services for veterans. Work with nursing homes and provide family support.
www.trustpointhospital.com

U.S. Dept. of Veterans Affairs
6104 Ave. Q Lubbock
(806) 472-3400
The VA is reaching out to all veterans, family members and the community to educate everyone including professionals on suicide risk and prevention. We provide education, psychiatric services, counseling, intensive case management, treatment programs and referrals to veterans needing mental health services or who are at risk for self harm.
www.mentalhealth.va.gov
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Resources for Education and Prevention

Videos

*Available for loan from the Department of State Health Services in Lubbock or can be purchased from the websites below

The Truth About Suicide: Real Stories of Depression in College
This 27 minute film presents a recognizable picture of depression and other problems associated with suicide, as they are commonly experienced by college students and other young adults. Includes a Facilitator’s Guide
American Foundation for Suicide Prevention: www.afsp.org

In the Mix
This 22 minute video about Depression…What YOU Can Do!
The video includes a group of diverse 13 year olds who discuss the question of what they would do if a friend confided they were cutting or thinking of suicide, and other issues.
Available from www.inthemix.org or www.castleworks.org

The Choking Game
DVD (19 minutes) and Teacher’s Resource Book provides:
  • An understanding of the choking game
  • Several of the game’s aliases
  • Why the activity is so dangerous
  • Information to recognize the serious and permanent consequences
  • Description of risks
  • How to react appropriately if pressured to participate
  • Know what to do if a friend is participating
Available from Human Relations Media www.hrmvideo.com

Youth Videos ~ Stories of Help & Hope
Five youth 5 minute videos; youth tell their own stories of overcoming mental health issues and thoughts of suicide in their own words. Available online at www.suicidepreventionlifeline.org
**CHOICES**

The award winning program that educates youth and adults how to recognize the signals of suicide and how to seek help. “CHOICES” reinforces the realization that suicide is not the answer. There is always hope and there is always help. Talking about suicide is the FIRST step to prevention.

Available from CONTACT LUBBOCK at (806) 765-8393.

**QPR**

QPR stands for Question, Persuade, and Refer. Three simple steps that anyone can learn to help save a life from suicide.

**As a QPR-trained Gatekeeper you will learn to:**
- recognize the warning signs of suicide
- know how to offer hope
- know how to get help and save a life

Available at [www.qprinstitute.com](http://www.qprinstitute.com)

There are QPR-trained instructors in the South Plains community!

Contact Tricia Vowels at tricia.vowels@dshs.state.tx.us
The **ASK About Suicide to Save A Life** Gatekeeper Training is a non-proprietary suicide prevention gatekeeper training program based on best practice principles.

**ASK About Suicide**
To Save a Life includes the 3-step process of:
1. **Ask About Suicide**
2. **Seek More Information and Keep Safe**
3. **Know how and where to refer**

**GOALS**
Overall goal: enable the audience to become suicide prevention gatekeepers who:

1. Understand their role in the suicide prevention process
2. Know basic information about suicide
3. Believe that suicide can be prevented
4. Learn basic suicide intervention skills including:
   - Be able to recognize suicide related communications and understand more about underlying risk factors, protective factors and acute warning signs vs chronic warning signs.
   - Have the confidence to respond and ask the question.
   - Be familiar with the process and steps to seek more information.
   - Know how to identify key referral mechanisms available in their local community, in Texas and nationally.
   - Understand about the importance of developing policies and procedures for suicide prevention and postvention.
   - Understand how to assist in the aftermath of a suicide or "postvention."

To schedule a training, please contact Tricia Vowels at (806) 783-6482 or tricia.vowels@dshs.state.tx.us
Resources for Education and Prevention

Ask 4 Help! Suicide Prevention for Youth
Yellow Ribbon Suicide Prevention Program
www.yellowribbon.org
One hour school-based curriculum that provides students with knowledge that may increase help-seeking for themselves or on behalf of others. A central feature of the curriculum is the Ask 4 Help! wallet card. School teachers, staff, and administrators should be trained in basic suicide prevention prior to implementing the student curriculum.

Texas Suicide Prevention
www.TexasSuicidePrevention.org
- Coming Together to Care—A Suicide Prevention and Postvention Toolkit for Texas Communities

American Foundation for Suicide Prevention
Not-for-profit organization dedicated to understanding and preventing suicide.
www.afsp.org
- Out of the Darkness Walks (www.outofthedarkness.org)

iPhone App
This app was developed from a non-proprietary suicide prevention training program called ASK (ASK about suicide / Seek more information / Know where to refer) which was also developed by Mental Health America of Texas. The suicide prevention app is supported by the Texas Department of State Health Services and the Substance Abuse and Mental Health Services Administration.

Click the link to open iTunes and download, or search "suicide prevention" in the App Store on your iPhone or iPod Touch.
Resources for Education and Prevention

CE Quick powered by essential learning:

_Triage Training Package_
Teach crisis workers, nurses, police officers, case managers how to interview potentially suicidal persons & determine risk of suicide & what to do to immediately reduce risk of a suicide attempt. Cost $125.00

_Suicide Risk Assessment Package_
Teach behavioral health, chemical dependency, and medical professionals that are medically and legally responsible for client safety how to use a suicide risk assessment method and documentation system. Cost $140.00

[www.cequick.com](http://www.cequick.com)

Via Hope:FREE Suicide Prevention Training for Teachers

_At-Risk_ is a Kognito web based automated training program free to all teachers in Texas. [www.mhatexas.org/?page_id=705](http://www.mhatexas.org/?page_id=705) - TEA school 'code' has to be entered along with school zip code. Others, outside a school, can view a 'demo only' version.

National Center for Suicide Prevention Training

[www.sprc.org/](http://www.sprc.org/)
Administered in collaboration with the Suicide Prevention Resource Center
Offers four workshops:
#1: Locating, Understanding, and Presenting Youth Suicide Data
#2: Planning and Evaluation for Youth Suicide Prevention
#3: Youth suicide prevention: An introduction to gatekeeping
#4: The Research Evidence for Suicide as a Preventable Public Health Problem

America Association of Suicidology

[www.suicideology.org](http://www.suicideology.org)
Offers four types of training opportunities: Crisis Workers training, Crisis Center training, Forensic Suicidologist & School Professional training.
SUPPORT

CONTACT LUBBOCK CRISIS LINE
806-765-8393

1-800-SUICIDE (800-784-2433)

1-800-SUICIDA (800-784-2432)

ALL CALLS ARE FREE AND CONFIDENTIAL

YAH (Youth America Hotline) 1-877-968-8454
Founded in 2003 by the Kristin Brooks Hope Center it is the only teen-to-teen peer counseling network in the world.
www.youthline.us

National Suicide Prevention Lifeline 1-800-273-TALK
www.suicidepreventionlifeline.org

Suicide Hotline in Spanish: 1-800-273 TALK (press 1)

LGBTQ - The Trevor Lifeline
866-488-7386
Suicide and crisis helpline for lesbian, gay, bisexual, transgender and questioning youth
www.thetrevorproject.org

After Suicide: A Toolkit for Schools
www.sprc.org/library/AfteraSuicideToolkitforSchools.pdf
HEARTBEAT
A support group that provides support toward resolving your feelings of: responsibility, guilt, self-doubt, failure, rejection, shame, anger, hostility, fears, and your search for answers.

HEARTBEAT helps survivors absorb the impact of their loss, and to offer the comfort of empathetic understanding and acceptance. HEARTBEAT recognizes that great strength and healing are gained by using one’s own painful growth in support of others. HEARTBEAT cannot take away your pain, but we can share it in an atmosphere of love, acceptance and reinforcement and direct you toward healing through this very complicated grieving process.

Lakeridge United Methodist Church, 4701 82nd Street
Lubbock, TX 79424
Second Wednesday of every month at 6:30 p.m.
FREE CHILD CARE AVAILABLE.

Please call the CONTACT LUBBOCK offices at (806) 765-8393 to let us know if you are planning to attend this support group.