

CONNECT. RESPOND. HEAL. THRIVE.

---

# Maryland's Suicide Prevention Month Toolkit 2022

## #BETHE1TO\_\_\_

CONNECT. RESPOND. HEAL.  
THRIVE.



#BETHE1TOCONNECT #BETHE1TORESPOND #BETHE1TOHEAL #BETHE1TOTHRIVE

---

SUICIDE PREVENTION MONTH SEPTEMBER 2022

# Maryland's Suicide Prevention Month 2022

## Connect. Respond. Heal. Thrive.

The National Alliance on Mental Illness (NAMI) initiated National Suicide Prevention Awareness Month in September 1975. National Suicide Prevention Awareness Month calls all mental health advocates, prevention organizations, survivors, allies and community members to unite and promote awareness of suicide prevention. We are using this month to amplify the importance of Connecting, Responding, Healing and Thriving as individuals, families and as a community. Research shows that social connection improves physical, emotional and mental health, and it can reduce the likelihood that someone will consider or attempt suicide. We all have a role to play in suicide prevention and can make all the difference in someone's life just by asking "How are you, *really*?" and listening. Our choices to connect with one another and genuinely respond can help us shift our focus from the stresses of life to the future, towards healing and thriving. Let's work together and #BETHE1TO build connections with the people around us.

.....

### PRINCIPLES AND MESSAGING

Any Maryland State agency, jurisdiction, or partner organization is free to use some or all elements of this plan to promote National Suicide Prevention Awareness Month. This toolkit provides resources and action steps that help individuals, families and communities to Connect, Respond, Heal and Thrive.

Words matter. Messaging should:

- Be approached with care and use a positive narrative. Avoid negative or unsafe language/imagery.
- Point to state, local and national resources, included later in this toolkit.
- Use existing campaigns (#BeThe1To, #BeThe1ToConnect, #BeThe1ToRespond, #BeThe1ToHeal, #BeThe1ToThrive and Take 5 to Save Lives) that focus on the importance of being there for others.

### GOALS

- Coordinate statewide messaging for Suicide Prevention Month
- Promote help-seeking for individuals, families and communities
- Understand and recognize warning signs of suicidal behaviors
- Provide resources to build coping skills and resiliency
- Promote inclusivity

### KEY PHRASING FROM THE OFFICE OF SUICIDE PREVENTION

- **Connect** - the need for the individual, family, community and providers to support one another before, during and after suicidal and traumatic events, and the knowledge to locate population-appropriate resources.
- **Respond** - the need for the public and systemic collaborators to implement best practices and understand stigma and gaps that impede appropriate reactions to suicidal and traumatic events.
- **Heal** - the need to integrate individual, family and community responses to build social connectedness, trust and communication to strengthen resilience to suicidal and traumatic events.
- **Thrive** - the need for holistic and impactful growth across individuals, populations and communities at large to enable flourishing in the wake of suicidal and traumatic events.

*Let's Connect, Respond, Heal and Thrive together.*



# Campaign Overview



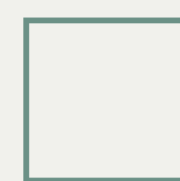
This September for Suicide Prevention Awareness Month, we're focusing on being people who can connect, respond advocate for, and support those who are battling suicidal thoughts. You can join us by becoming actively involved in the prevention of suicide by helping us spread facts about suicide and educate others on how to help those that are struggling.

Connect. Respond. Heal. Thrive.

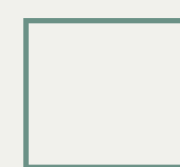


# In this Toolkit

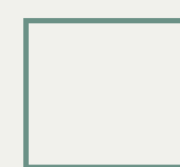
National Proclamation



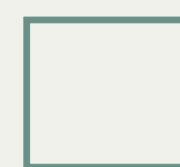
Sample Suicide Prevention  
Awareness Social Media  
Messaging

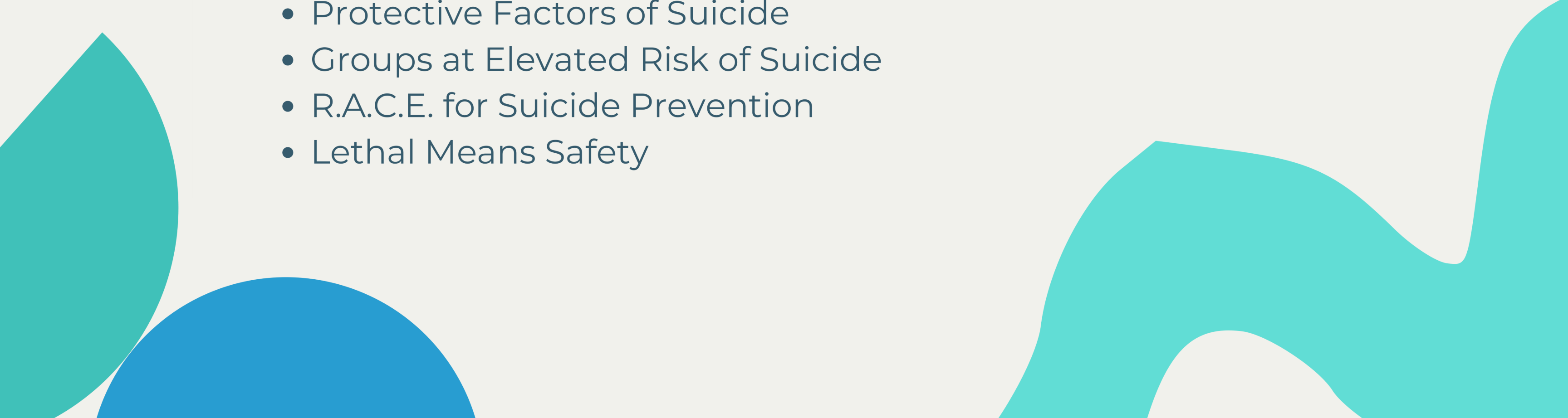


Connect. Respond. Heal. Thrive  
Messaging Campaign



Fact Sheets



- Supporting People with Lived Experience
  - Warning Signs of Suicide
  - Risk Factors of Suicide
  - Health Risk Factors of Suicide
  - Protective Factors of Suicide
  - Groups at Elevated Risk of Suicide
  - R.A.C.E. for Suicide Prevention
  - Lethal Means Safety
- 

# 2022 National Suicide Prevention Week Proclamation

## In Recognition of the 2022 National Suicide Prevention Week

This Proclamation recognizes suicide as a national and statewide public health problem, and suicide prevention as a national and statewide responsibility, and designates **September 4 through September 10** as “National Suicide Prevention Week” in Maryland. This week overlaps World Suicide Prevention Day, September 10, recognized internationally and supported by the World Health Organization.

**WHEREAS**, suicide is the 12th leading cause of death in the United States, the 3rd leading cause of death among children and teens ages 10-19 and the 2nd leading cause of death among individuals between the ages of 20 to 34;

**WHEREAS**, in the United States over 45,000 people died by suicide in 2020 (Centers for Disease Control);

**WHEREAS**, suicide rates have increased 30% over the last two decades, with suicide rates finally decreasing 2.1% between 2018 and 2019 and decreasing 2.9% between 2019 and 2020;

**WHEREAS**, it is estimated that in 2020, there were 1.2 million suicide attempts;

**WHEREAS**, in 2020, suicide was the 16th leading cause of death in Maryland (Centers for Disease Control);

**WHEREAS**, in 2020, 585 people died by suicide in Maryland (Centers for Disease Control);

**WHEREAS**, over 90% of the people who die by suicide have a diagnosable and treatable mental health condition, although often that condition was not recognized or treated;

**WHEREAS**, organizations such as the American Foundation for Suicide Prevention are dedicated to saving lives and bringing hope to those affected by suicide, through research, education, advocacy, and resources for those who have lost someone to suicide or who struggle, and urge that we:

1. Recognize suicide as a preventable national and state public health problem and declare suicide prevention to be a priority.
2. Acknowledge that no single suicide prevention program or effort will be appropriate for all populations or communities.
3. Address the disparity in access to mental healthcare for underserved and underrepresented groups, and advocate for ending these disparities.
4. Fund new suicide research to support culturally-informed and evidence-based mental health care and services.
5. Encourage initiatives based on the goals contained in the National Strategy for Suicide Prevention and 2020 Maryland Suicide Prevention Plan.
6. Promote awareness that there is no single cause for suicide, and that suicide most often occurs when stressors exceed the coping abilities of someone struggling with a mental health condition.
7. Develop and implement strategies to improve and increase access to quality mental health, substance abuse, and suicide prevention services and programs.
8. Continue advocacy to ensure we can reimagine a comprehensive suicide, mental health, and substance use crisis response system that builds on the historic new 988 number for the Suicide and Crisis Lifeline.

**Therefore, BE IT RESOLVED that, I, [NAME], [TITLE] of [STATE/COUNTY/CITY], do hereby designate September 4 - 10, 2022 as “National Suicide Prevention Week” in [STATE/COUNTY/CITY].**



# Key Factors to Remember

Suicide prevention can have a far greater reach when we move beyond prevention on an individual level and instead work on prevention as a greater community. How we communicate about suicide – both in the media and in events and messaging – makes a difference. Without taking proper care, a message's intent can differ from its impact.

Intent	Potential Impact
Encourage hope	Discourage help-seeking
Celebrate life	Romanticize death
Show that suicide is preventable	Reinforce inaccurate beliefs

If you're reporting on suicide, coverage should be informed by best practices: <https://reportingonsuicide.org>

You can connect with members of your community to discuss mental health and suicide by **Hosting a Suicide Awareness Event** like:

- Organizing a suicide prevention resource fair.
- Hosting a film screening and panel discussion.
- Sponsor a fun run, walk or rally focused on suicide prevention.
- Start a social media conversation about suicide prevention and mental health.
- Throw a barbecue for your community with family-friendly activities and resources.

# Sample Suicide Prevention Social Media

## Connect. Respond. Heal. Thrive.

We have developed several social media posts for you to share on your Facebook, Instagram and Twitter accounts to help spread awareness during National Suicide Prevention Month. Please help us amplify the importance of suicide prevention by sharing and re-sharing the posts on your own social media platforms and using the hashtags to engage with a statewide community. Sample graphics can be found on our social media channels and on the following page.

- Office of Suicide Prevention's Twitter: [@PrevSuicideMD](#)
- Office of Suicide Prevention's Instagram: [@PrevSuicideMD](#)
- Office of Suicide Prevention's Facebook: [@PrevSuicideMD](#)
- Maryland's Suicide Prevention Month hashtags:
  - #MDSP
  - #MDSP34
  - #MDConnect
  - #MDRespond
  - #MDHeal
  - #MDThrive
  - #BeThe1

---

### Facebook / Instagram / Twitter

- It's more important than ever that we all participate in the conversation about suicide prevention. Encourage your friends, family and communities to get involved during Suicide Prevention Awareness Month. Contrary to popular belief, talking about suicide and mental health doesn't put a person at risk. It is okay to talk about these topics with your friends and loved ones.
- In recognition of Suicide Prevention Awareness Month, we're encouraging everyone to reach out and connect with one another. Our individual and community responses to growing concerns about suicide can help us reduce mental health stigma and the overall rates of suicide in Maryland. Healing for individuals, families and communities can start with us as individuals, paving the way to larger community-level thriving. Fight the stigma by talking about mental health and suicide. #TalkAboutSuicide #StoptheStigma #MDSP34 #BeThe1
- Get involved this Suicide Prevention Awareness Month. Show us how you are Connecting. Responding. Healing and Thriving as individuals, families or a community. Please send us your events, projects and photos, and let us share all of the great efforts across Maryland. #TalkAboutSuicide #StoptheStigma #MDSP34 #BeThe1
- Sharing lived experiences with suicide and suicidal thoughts can offer HOPE to those who need it the most. #TalkAboutSuicide #StoptheStigma #MDSP34 #BeThe1
- Want to get involved this #SuicidePreventionMonth? Post your photos or share with us ways that you are connecting, healing, responding and thriving during this time. (e.g., NAMI / Out of the Darkness Walk, Suicide Prevention Events, Cycling for Support) #TalkAboutSuicide #StoptheStigma #MDSP34 #BeThe1 #BeThe1toConnect #BeThe1toRespond #BeThe1toHeal #BeThe1toThrive
- 988 is the new national crisis hotline and it provides those with the support and resources that are needed to provide help during this mental health crisis. #SeekHelp #MDConnect #MDHeal#MDThrive#MDRespond#BeThe1



# Sample Social Media Graphics

## Connect. Respond. Heal. Thrive.







# September 2022

## Suicide Prevention Events

**Sunday, September 4 – Saturday, September 10**

National Suicide Prevention Week is the Sunday through Saturday surrounding World Suicide Prevention Day. It's a time to share resources, stories and promote suicide prevention awareness.

**September 10 - World Suicide Prevention Day**

It's a time to remember those affected by suicide, raise awareness and focus efforts on directing treatment to those who need it most. This day is celebrated to provide worldwide commitment and action to prevent suicides, with various activities around the world since 2003.

**September 10 - Carroll County Out of the Darkness Walk**

**September 17 - Annapolis Out of the Darkness Walk**

**September 18 - Montgomery County Out of the Darkness Walk**

**October 1 - Ocean City Out of the Darkness Walk**

**October 1 - Hagerstown Out of the Darkness Walk**

**October 1 - Havre de Grace Out of the Darkness Walk**

**October 8 - Mid-Shore Out of the Darkness Walk**

**October 12 - 34th Annual Suicide Prevention Conference**

The Maryland Department of Health's Office of Suicide Prevention will be hosting the 34th Annual Suicide Prevention Conference via Zoom. Please consider joining this event and sharing it with your friends, family, neighbors and teachers. Be sure to check out our website for details about how to access the conference.

**October 15 - Frederick Out of the Darkness Walk**

**October 22 - Howard County Out of the Darkness Walk**

**October 23 - Southern Maryland Out of the Darkness Walk**

**October 29 - Baltimore Out of the Darkness Walk**

**October 30 - Marine Corps Marathon**

# Posters and Handouts



# How to Support those with Lived Experience of Suicide

People with lived experience are individuals who have experienced suicidal thoughts and feelings, survived a suicide attempt, or experienced a suicide loss. Some people may fit into more than one of these categories.

---

## The importance of involving individuals with lived experience in suicide prevention

- People who have attempted suicide or have been affected by a suicide death are more likely to die by suicide. Engaging them in their own care has been shown to reduce suicide risk.
  - People with lived experience can serve as models of hope and resiliency for others at risk for suicide and who have lost someone to suicide.
  - The insights of people with lived experience are extremely valuable in prevention planning, treatment and education. This leads to improved care, enhanced safety, reduced suicide attempts and deaths, and improved support for loss survivors.
  - Involving people with lived experience in suicide prevention efforts can help providers and professionals better tailor their approaches to meet the needs of the groups they are working with.
- 

## Core Values for Supporting People with Lived Experience

- 1 Foster hope and help people find meaning and purpose in life
  - 2 Preserve dignity and counter stigma, shame and discrimination
  - 3 Connect people to peer supports
  - 4 Promote community connectedness
  - 5 Engage and support family and friends
  - 6 Respect and support cultural, ethnic, and/or spiritual beliefs and traditions
  - 7 Promote choice and collaboration in care
  - 8 Provide timely access to care and support
- 

## What You Can Do

- Hire people with lived experience to contribute to your suicide prevention efforts by being actively engaged in the planning and implementation of prevention efforts.
- Involve people with lived experience in decisions about their own treatment and care.
- Engage people with lived experience to provide peer support for people at risk for suicide and affected by a suicide.
- Partner with peer support services and organizations operated by people with lived experience, especially if your organization provides crisis and emergency



# Warning Signs for Suicide

Warning signs can be indicators that a person may be thinking about attempting suicide and may urgently need help:

- Talking or writing about wanting to die or to kill oneself
- Looking for a way to kill oneself, such as searching online or obtaining a gun
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs



- Losing interest in activities
- Acting anxious or agitated; behaving recklessly and irrationally
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings
- Sharp drop in performance
- Giving away possessions

## How to Help Someone in Crisis

1. **Ask Directly** Asking someone directly, “are you thinking of suicide?” can be the open door to a conversation that they’ve been needing.
2. **Be an Active Listener** Be there to listen with compassion and empathy. Avoid judgmental or dismissive statements that might make someone recede from the conversation.
3. **Keep Them Safe** Do not leave someone alone if they are thinking about suicide. If you think the person is in immediate danger, call 911 or take them to the nearest emergency room.
4. **Connect Them to Help** Find out who they can reach out to for help, whether it’s a therapist, a doctor, friends or family. Help them feel supported and offer resources to get professional assistance. For additional support, call the new crisis hotline: 988
5. **Check-In Again** Follow-up with the person in the days and weeks after the crisis to let them know you’re thinking of them.



# Risk Factors of Suicide

Risk factors are characteristics that make it more likely a person will think about, attempt, or die by suicide. For example, studies suggest that some health conditions are associated with an increased risk of suicide, like having a traumatic brain injury. Risk factors do not cause or predict suicide.



## Individual:

- Previous suicide attempt
- Mental health and/or substance use disorders, such as depression
- Social isolation
- History of incarceration
- Financial issues
- Impulsive or aggressive tendencies
- Job problems or loss
- Legal problems
- Serious illness
- Substance use disorder
- Changes in use of alcohol and drugs should be added
- Adverse childhood experiences such as child abuse and neglect
- Bullying
- Family history of suicide
- Relationship problems such as a break-up, violence or loss
- Sexual violence
- Problem gambling

## Societal:

- Stigma associated with mental illness or help-seeking
- Easy access to lethal means among people at risk (e.g., firearms, medications)
- Unsafe media portrayals of suicide

## Community:

- Barriers to health care
- Cultural and religious beliefs (e.g., a belief that suicide is noble) resolution of a personal problem
- Suicide cluster in the community
- Adequate resources



# Protective Factors of Suicide

Protective factors are characteristics a person has that provide protection from suicide risk:

- Easy access to a variety of clinical interventions
- Effective clinical care for mental, physical and substance use disorders
- Skills in problem solving, conflict resolution and handling problems in a non-violent way
- Strong connections to family and community support
- Support through ongoing medical and mental health care relationships
- Cultural and religious beliefs that discourage suicide and support self-preservation
- Reduced access to highly lethal means of suicide



**988** SUICIDE & CRISIS  
LIFELINE

  
**Maryland**  
DEPARTMENT OF HEALTH

**There is hope.  
We can help.**

- Depression or anxiety
- Problems with drugs and alcohol
- Thoughts of suicide

**Call or text 988**  
OR CHAT ONLINE  
AT 988LIFELINE.ORG





# Health Risk Factors for Suicide

Certain health factors play a major role in suicide risk:

- Mood disorders – particularly bipolar and depression
- Depression
- Schizophrenia
- Antisocial and borderline personality disorders
- At greatest risk in the period just following release from mental health treatment
- Substance misuse
- Serious physical health conditions including pain
- Traumatic brain injury





# Groups at Elevated Risk of Suicide

Suicide is a major public health problem and a leading cause of death in the United States. Thoughts of suicide can touch any person anywhere, but certain groups are disproportionately impacted by suicide and/or have a higher risk of suicide compared to the general population due to many different reasons.

The risk for suicidal behavior is complex. Research suggests that people who attempt suicide may react to events, think, and make decisions differently than those who do not attempt suicide. These differences happen more often if a person also experiences any of the following:

- Prior suicidal behavior – most important factor in estimating the likelihood of further suicidal acts, risk increases by 40%
- Individuals with a current suicide plan
- Individuals with mental disorders
- Recent divorcees (especially males)
- Recently unemployed individuals
- Any individual who has experienced loss or change
- Individuals in rural areas and those with limited access to resources
- Individuals with life stress and mental pain
- Family history – modeling
- LGBTQ individuals
- The highest suicide rates in the US are among people who are white, American Indian and Alaska Native.





# R.A.C.E. for Suicide Prevention

Recognize warning signs  
Ask directly about suicide  
Care  
Encourage them to seek help

If you think someone may be contemplating suicide, the following recommendations have been shown to reduce the risk.

- Find a time to privately let the person know what you have observed and express your concern. Stay calm and listen carefully to learn what they are thinking and feeling.
- Be supportive but direct; ask them if they are considering taking their own life. If they express a sense of hopelessness or suicidal thoughts, be sympathetic, but realize the person needs professional help. Do not leave them alone or promise confidentiality.
- Attempt to reach agreement on a safety plan that may include the following:
  - Offer to eliminate access to lethal means, firearms, pills, etc.
  - Convince them to seek professional help and be willing to accompany them.
  - Convey to them a sense of hope and remind them that suicide is a permanent solution to a temporary problem.
- Talk to a family member to ensure they are aware of the risk.
- Once the person is safe, follow up to see how they are doing.

Studies and experts in the field generally agree these recommendations tend to reduce the risk of suicide.

Please visit our [website](#) for resources, suicide prevention trainings and webinars, and to use the SAMHSA Behavioral Health Treatment Services Locator.



Sources:

[suicideispreventable.org](https://suicideispreventable.org)

[jamanetwork.com/journals/jama/fullarticle/2778234](https://jamanetwork.com/journals/jama/fullarticle/2778234)



# LETHAL MEANS SAFETY

Lethal means are objects (e.g., medications, firearms, sharp instruments) that can be used to inflict self-directed violence. Lethal Means Safety is an intentional, voluntary practice to reduce one's suicide risk by limiting access to lethal means.

Reducing access to lethal means is an important part of a comprehensive approach to suicide prevention.

## Why It's Important

- Many suicide attempts take place during a short-term crisis, so it is important to consider a person's access to lethal means during these periods of increased risk.
- Access to lethal means is a risk factor for suicide.
- Reducing access to lethal means saves lives.
- Firearms are the most lethal among suicide methods.

## What Can We Do

Families, organizations, health care providers, and policymakers can take many actions to reduce access to lethal means of self-harm. Some of these are general household health and safety precautions that should be used regardless of suicide risk. Examples include limiting access to medications and storing firearms safely when not in use.

Other actions may be more appropriate when a person is at risk for suicide. If someone in the home is feeling suicidal, has recently attempted suicide, or is experiencing a crisis, it is safest to remove lethal means from the household entirely until the situation improves. For example:

- Store firearms with law enforcement (if allowed), or lock up firearms and put the key in a safe deposit box or give the key to a friend until the crisis has passed.
- Ask a family member to store medications safely and dispense safe quantities as necessary.

Some communities also focus means restriction efforts on local suicide “hotspots,” such as bridges. As part of strategic planning, states, tribes and communities should examine their data to identify what suicide means they should address.

# LETHAL MEANS SAFETY

## Action Steps

- Educate family members and others about ways to limit access to lethal means during a crisis.
- Train mental health professionals in lethal means counseling.
- Train nontraditional providers in lethal means counseling, for example, divorce and defense attorneys, probation/parole officers, and first responders.
- Educate the community about options for temporary storage of a firearm outside of the home during a crisis.
- Collaborate with others in your community to increase safety.
- Institute lethal means counseling policies in health and behavioral health care settings and train health care providers in these settings.
- Work collaboratively with gun retailers and gun owner groups on suicide prevention efforts.
- Distribute free or low-cost gun locks or gun safes.
- Ensure that bridges and high buildings have protective barriers.

## Resources

Learn more by checking out the following websites:

- [Means Matter website](#)  
Harvard T. H. Chan School of Public Health
- [Zero Suicide](#)
- [Maryland Safe Storage Map](#)





# RESOURCES

To assure that you are provided with the most updated resources, we have created a list of national websites that will provide you with ways to Connect, Respond, Heal and Thrive in response to one of the nation's largest public health crises.

WAYS TO CONNECT  
WAYS TO RESPOND  
WAYS TO HEAL  
WAYS TO THRIVE

# TOOLKIT RESOURCES

## SEPTEMBER 10: WORLD SUICIDE PREVENTION DAY

Today is World Suicide Prevention Day. It's a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most. #MDSP #BeThere

### Theme: Recognize the Signs Help Someone Else - 988

Recognize the warning signs to save someone from suicide.

WarningSigns #MDSP #BeThere

Learn that a sign is not only talking about wanting to die, but also feeling hopeless and tired of life. Learn how to respond and what to do.

Howwillyouknow #MDSP #BeTheItto

Don't be afraid to ask if someone needs help or someone to talk to. Encourage your friends and family to get educated about suicide prevention.

988Support #MDSP #BeTheItto

Suicidal thoughts can lead to strong physiological and emotional reactions that lead to physical actions. Learn how to recognize these signs.

Understandingthewarningsigns #MDSP #BeTheItto

Substance abuse can exasperate the feelings of despair. Treating substance use can eliminate unhealthy coping mechanisms and reach out to others.

#MDSP #BeTheItto - SubstanceUse

### **Theme: Connect**

Don't hesitate to ask about the wellbeing of those you are concerned about. Start the conversations. #MDSP NAMICConversations

When someone expresses suicidal thoughts, ask questions, look for warning signs, offer support and don't leave them alone. Encourage the person to seek treatment. Offer to escort the person to get help. Dial 988 or 911 for immediate assistance. #MDSP #BeTheItto AFSP

To provide sustained, confidential peer support to any veteran, service member, family member, or caregiver whenever they have an issue, wherever they are in the world. We help before challenges turn into crises. Vets4warriors



# TOOLKIT RESOURCES

5 Action steps to help someone that may be in a suicidal or emotional crisis.  
#BeThere #BeThe1To  
Take5

If you see someone you know or a friend who is struggling and you require additional support, reach out to learn how to be a supportive friend.  
#BeThe1to  
Jedfoundation.org/friendships

Let's create hope and understanding by diminishing our own stigma.  
Become stigma free, take the quiz at NAMI #CureStigma #MDSP #BeThe1to

Learn about the Community Agencies and Organizations that support Mental Health. #MDSP #BeThere #BeThe1To MarylandMaps

## Theme: Respond

Do you need guidance to help someone in crisis? Want to know what steps to take next or what to say? Call 988 #BeThe1toheal #MDSP

Don't let the fact that you don't want to be verbal stop you from getting help. Is texting easier than talking? Text 741741 #BeThe1 crisistextline.org

Having a strong emotional day but not quite in crisis, you can still reach out to talk. Are you going through tough times? Trained and experienced counselors are available 24/7 to help you. Make the FREE call to the National Suicide Prevention Lifeline: 988. Talktosomeonenow #MDSP #BeThe1

# TOOLKIT RESOURCES

## Theme: Heal

Have healing conversations with others. Providing support to survivors can have a huge impact on prevention.

[healing-conversations](#)

Surviving Suicide - Anyone who is close to someone who died by suicide or feels affected by it is a survivor. Suicide Prevention Resource Center - [ResourcesForSurvivors](#)

NAMI works to educate, advocate, listen, and lead to improve the lives of people with mental illness and their loved ones. [NamiSupport](#)

A suicide attempt or suicide loss can start a conversation about mental health within a family, friend group, or community. This can start a road to healing. [Healingafteraloss](#)

## Theme: Thrive

Each day, survivors of suicide cope with their grief. Coping strategies may change over time and some days may be better than others. You need to keep building your toolbox.

[Copingafteraloss](#)

The Trevor Project is the world's largest suicide prevention and crisis intervention organization for LGBTQ. [TrevorProject](#) [#MDConnect](#)

The LGBTQ+ community is diverse and strong, but may be disproportionately at-risk for suicidal feelings. Check out stories of hope and recovery to learn how LGBTQ+ people have coped during hard times.

[988Resources](#)



# TOOLKIT RESOURCES

Trans Lifeline dedicated to improving the quality of trans lives by responding to the critical needs of our community with direct service, material support, advocacy, and education.

<https://www.translifeline.org/>

Talk to other veterans who have gone through the same kind of trauma that you have. A simple act of kindness to the veteran in your life can help them feel less alone. If they show any warning signs for suicide, be direct. Tell them it's OK to talk about suicidal feelings. [988forVets](#) 988, press 1. #BeThe1to

Not all wounds from war can be seen. Make connections with stories from veterans. [Maketheconnection](#) #BeThe1to #MDSP

Are you a veteran in crisis or concerned about one? Don't be afraid to reach out for support. [VeteransSupport](#) #BeThe1to #MDSP

## Youth and Parents - *Thrive*

Adolescence and Younghood is a time of extraordinary growth with this growth comes many challenges but know that you are not alone.

#BeThe1to #MDSP [YouthSupport](#)

Don't be afraid to have a conversation with your child. Ask are you ok?  
Are you considering suicide?

[AFSPTeenSupport](#)

#MDSP #BeThere #BeThe1To

Healthy relationships involve love, trust, honesty, respect and positive communication. Stop negative and aggressive behaviors that cause imbalanced relationships. #MDSP #BeThe1to [Bullyingandsuicide](#)

# TOOLKIT RESOURCES

A fight or breakup might not seem like a big deal, but for a young person it can feel immense. Sympathize and listen. Minimizing what your child or friend is going through can increase his or her sense of hopelessness.

#MDSP #BeThe1to [Youthline](#)

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in a crisis [MentalHealthFirstAid](#) #MDSP #BeThe1to

## Additional Assets and Resources

[National Alliance on Mental Illness \(NAMI\)](#).

Suicide Prevention Lifeline [988lifeline](#)

Suicide Prevention Resource Center - [SPRC](#)

American Foundation for Suicide Prevention - [AFSP](#)

Zero Suicide - For systems dedicated to improving patient safety, Zero Suicide presents an aspirational challenge and practical framework for system-wide transformation toward safer suicide care. [Zero Suicide](#)

## Take Five Activity - [take5tosavelives.org/take-5-steps](https://take5tosavelives.org/take-5-steps)

Take five minutes to complete five tasks developed by the National Council for Suicide Prevention for their Take 5 to Save Lives campaign:

- Learn the signs
- Do your part
- Practice self-care
- Reach out
- Spread the word

## Deaf and Hard of Hearing

If you are hard of hearing, you can chat with a Suicide Prevention Lifeline counselor online or for TTY, dial 800-799-4889. [DeafandHardofHearing](#). #MDSP #BeTto



# TOOLKIT RESOURCES

County/ Jurisdiction	Mobile Crisis Contacts	Phone Number
Allegany	Crisis Response System Warmline	800-422-0009
Allegany	Mental Health Crisis	301-723-5274
Allegany	Domestic Violence ONLY Hotline	301-759-9244
Anne Arundel	Anne Arundel County Crisis Services	410-768-5522
Baltimore City	Baltimore Crisis Response Inc. (BCRI)	410-433-5175 410-752-2272
Baltimore County	Baltimore County, The Sante Group	410-931-2214
Calvert	Calvert County Crisis Hotline	1-877-467-5628
Calvert	Walden Crisis Hotline	301-863-6661
Calvert	Calvert Memorial Hospital Emergency Psychiatric Services	410-535-8144 301-855-1012 Ext. 8144
Carroll	Youth Crisis Hotline & MD Crisis Hotline	800-422-0009
Carroll	The Sante Group	410-952-9552
Cecil	Youth Crisis Hotline & MD Crisis Hotline	800-422-0009
Cecil	Union Hospital of Cecil County	410-398-4000
Cecil	Domestic Violence & Rape Hotline	410-996-0333
Charles	Walden Crisis Hotline	301-863-6661
Eastern Shore	The Sante Group	888-407-8018
Frederick	Frederick County Mobile Crisis Services	301-662-2255
Frederick	Youth Crisis Hotline & MD Crisis Hotline	800-422-0009
Frederick	Frederick Memorial Hospital Emergency Psychiatric Services	240-566-3904
Garrett	Garrett County Memorial Hospital	301-533-4000
Harford	Harford County Mobile Crisis Teams	800-639-8783 (NEXT STEP)
Harford	Overnight & After-hours Crisis Services - Upper Chesapeake Medical Center	443-643-1000
Harford	Harford Memorial Hospital - Psychiatric Evaluations	443-843-5000
Harford	Sexual Assault/Spousal Abuse Resource Center	410-836-8430
Howard	Howard County Crisis Teams	410-531-6677

# TOOLKIT RESOURCES

County/ Jurisdiction	Mobile Crisis Contacts	Phone Number
Mid-Shore Counties	Same Day Appointment - For All Seasons, Inc.	1-800-310-7273
Mid-Shore Counties	Youth Crisis Hotline	1-888-407-8018
Mid-Shore Counties	Mid-Shore Council on Family Violence	1-800-927-4673
Montgomery	Montgomery County Crisis System	240-777-4000
Montgomery	EveryMind.	301-738-2255
Prince George's	Prince George's County Crisis System	301-429-2185
Prince George's	Domestic Violence Hotline	301-731-1203
Prince George's	Youth Crisis Hotline & MD Crisis Hotline	988
Prince George's	Community Crisis Services, Inc. (CCSI)	800-273-8255
Somerset	In case of emergency after hours	410-651-2633
St. Mary's	Saint Mary's County Sheriff's Office	301-475-8008
St. Mary's	Youth Crisis Hotline & MD Crisis Hotline	800-422-0009
St. Mary's	Walden Crisis Hotline	301-863-6661
St. Mary's	Southern MD Center for Family Advocacy	240-925-0084
Washington	Emergency Psychiatric Services	301-790-8688
Wicomico	Wicomico County Life Crisis Hotline	410-749-2924
Wicomico	Youth Crisis Hotline & MD Crisis Hotline	800-422-0009
Wicomico	Peninsula Regional Medical Center	410-543-7160 410-546-6400
Worcester	Worcester County Life Crisis Center	410-749-4357
Worcester	Peninsula Regional Medical Center	410-543-7160 410-546-6400
Worcester	Atlantic General Hospital (works with Mobile Crisis Teams)	410-641-1100