

Suicide Prevention Resources

More than 41,000 people die by suicide each year. Anyone can experience suicidal thoughts regardless of age, ethnicity or gender. Individuals with a mental health disorder such as depression, anxiety, or post-traumatic stress disorder are at an increased risk of suicide.

Suicide is a significant public health problem and is the second leading cause of death for those ages 10 to 34 in the United States and in Michigan. For each suicide death, family and close friends are at higher risk for suicide themselves. Many others are affected in a variety of ways, including those providing emergency care to the victims and those who may feel they failed to prevent the death.

Suicide is preventable, dispelling a common myth that if someone really wants to die by suicide, he or she will. Learn and notice the following warning signs of suicide:

- Talking, writing, or thinking about death
- Increased alcohol and drug use
- Impulsive or reckless behavior
- Social withdrawal from friends, family, and the community
- Dramatic mood swings.

For more information, visit the Oakland County Youth Suicide Prevention Task Force (OCYSPT) website at www.oakgov.com/suicideprevention,

COMMON GROUND RESOURCE AND CRISIS HELPLINE

800.231.1127 (TEXT OR CALL)

www.commongroundhelps.org

1200 N. Telegraph Rd, 32 East, Pontiac, MI 48341



If you or someone you know may be thinking of suicide, going through a hard time, or just need to talk, call or text the Common Ground Resource and Crisis Helpline at 1-800-231-1127 or chat online 24 hours a day, 7 days a week at www.commongroundhelps.org.

OAKLAND COUNTY HEALTH NETWORK

800.341.2003 / 248.858.1210

www.oaklandchin.org

Oakland Community Health Network (OCHN) is the public mental health system responsible for identifying, influencing, and delivering services and supports to approximately 26,000 Oakland County residents, including individuals with intellectual/developmental disabilities, adults with mental health disorders, children with serious emotional disturbance, and persons with substance use disorders. Most of these individuals have Medicaid.

NATIONAL SUICIDE PREVENTION LIFELINE

800.273 TALK (8255)

24/7 crisis counseling by phone or web chat

CITY OF LATHRUP VILLAGE | 27400 SOUTHFIELD ROAD | LATHRUP VILLAGE, MI 48076 | 248.557.2600

www.LathrupVillage.org

OK2SAY

1.855.565.2729 (OK2SAY)

Text – 652729: OK2SAY

A confidential way to report threats to student safety and school personnel

OAKLAND COUNTY MENTAL HEALTH AUTHORITY

(248) 858-0178

Location - 1200 Telegraph Rd, Pontiac, MI 48341

OAKLAND COUNTY YOUTH MOBILE CRISIS TEAM

(877) 800-1650

VETERAN SERVICES

(248) 655-1250

VETERAN CRISIS HOTLINE

(800) 273-8255

AUTISM OUTREACH

(248) 370-2424

SUBSTANCE USE DISORDER

(248) 464-6363

ALZHEIMER'S HOTLINE

(800) 272-3900

DEPRESSION & BIPOLAR SUPPORT

(248) 644-0253

NARCOTICS ANONYMOUS

(248) 543-7200

ASSOCIATION FOR CHILDREN'S MENTAL HEALTH

(517) 372-4016

Parent Hotline (888) 226-4543

CHILDREN'S HOSPITAL OF MICHIGAN

313.745KIDS

www.childrensdmc.org

THE CHILDREN'S CENTER

www.thechildrenscenter.com

313.831.5535

Toolkits

 [Suicide Prevention Toolkit for Parents](#)

 [Suicide Prevention Toolkit for Parents \(Spanish\)](#)

 [School Toolkit](#)

- [13 Reasons Why Toolkit - Suicide Awareness Voices for Education](#)

Posters & Flyers

 [Suicide Prevention Posters](#)

 [Suicide Warning Signs](#)

 [Make Your Home Suicide-Safe Brochure](#)

 [Make Your Home Suicide-Safe Poster](#)

- [13 Reasons Why - Parent Advisory](#)
- [13 Reasons Why: Season 2 - Parent Advisory](#)
- [Online Safety & Blue Whale Challenge - Parent Advisory](#)

[The Cyberbullying Research Center](#)

The Cyberbullying Research Center provides a wealth of resources to promote the positive use of technology by youth and young adults. Here you will find up-to-date statistics, presentations, videos, classroom activities, downloadable handouts, current events, victim stories, assessments, and so much more.

[National Association of School Psychologists](#)

School mental health and safety resources; crisis consultation for school districts; school crisis team training

[National Suicide Prevention Lifeline](#)

24/7 crisis counseling by phone or web chat
Hotline: 1-800-273-TALK(8255)

[The Trevor Project](#)

- TrevorLifeline — A crisis intervention and suicide prevention phone service available 24/7 at 1-866-488-7386
- TrevorText — Text “Trevor” to 1-202-304-1200. Available Monday through Friday between 3pm–10pm EST / Noon-7pm PT
- TrevorChat — Available via The Trevor Project's website 7 Days A Week between 3pm–10pm ET / Noon-7pm PT.
- TrevorSpace — An online international peer-to-peer community for LGBTQ young people and their friends.
- [Trevor Support Center](#) — Where LGBTQ youth and allies can find answers to FAQs and explore resources related to sexual orientation, gender identity and more.

[Partnership for Drug-Free Kids](#)

A nonprofit that supports families, like yours, struggling with their son or daughter's substance use.

Support line: [1-855-378-4373](#), Monday-Friday 9am-5pm ET

loveisrespect.org

[Highly-trained advocates offer support, information and advocacy to young people who have questions or concerns about their dating relationships.](#)

Peer Advocate Line: 1-866-331-9474.

[National Council for Suicide Prevention](#)

The National Council for Suicide Prevention is a national coalition of seven leading nonprofits working to end suicide in the United States.

[JED Foundation](#)

The Jed Foundation (JED) empowers teens and young adults with the skills and support to grow into healthy, thriving adults.

[Jason Foundation](#)

We are dedicated to the prevention of youth suicide through educational and awareness programs.

[American Association of Suicidology](#)

Promotes understanding and prevention of suicide and support those who have been affected by it.

[Mental Health First Aid and Youth Mental Health First Aid](#)

An 8-hour course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders.