

CONNECTION

A Newsletter from Envision Family Services, LLC

Crisis Resources

If you are aware of a child or adolescent who is struggling with depression or other issues, Envision Family Services is glad to help. In a crisis, the following resources are helpful as well.

(1-800-273-TALK (8255)) and the Crisis Text Line's number **(741741)**. A trained crisis counselor receives the text and responds quickly.

National Alliance for Mental Illness. NAMI.org - Offers support groups and resources for individuals struggling with mental health. namivirginia.org (757) 499-2041

To obtain more local mental health referrals in Virginia Beach, dial 211 or visit 211.org.

Norfolk - CrisisLink - a 24/7 crisis hotline 757-622-1126

Virginia Beach Psychiatric Center 757-627-LIFE (5433)

[Download the Virginia Suicide Prevention Resource Directory, 2009, 1st Edition](#) (PDF)

Child and Adolescent - Kempsville Center - 757-461-4565

It is also appropriate to call 911 or have the at-risk individual taken to any emergency room.



You Are Not Alone

Suicide is an issue in our communities that impacts many. It is the 10th leading cause of death in the US, and the 2nd leading cause of death for individuals aged 10-34. 10.3% of Americans report to have thought about suicide, while 132 die each day by taking their own lives. Suicide is a preventable public health problem and a leading cause of death in the United States. When considering teenagers, no two are alike, yet there are some common reasons for which they consider suicide. Many do so in response to an acute crisis related to a conflict with parents or peers. While conflict is normal for teenagers, many who attempt suicide are particularly reactive as they often have a long-standing history of problems at home or school, suffer from low self-esteem, believe no one cares, are depressed, abuse alcohol or drugs, or have experienced other acutely stressful events, such as an unwanted pregnancy, trouble with the law, or not meeting high parental expectations (Stanford Children's Health).

Research shows that nine out of 10 individuals who attempt suicide



5 Action Steps

1. **ASK:** "Are you thinking about killing yourself?" It's not an easy question, but studies show that **asking at-risk individuals** if they are suicidal does not increase suicides or suicidal thoughts.
2. **KEEP THEM SAFE:** Reducing a suicidal person's access to highly lethal items or places is an important part of suicide prevention. Asking if the at-risk person has a plan and removing or disabling the lethal means can make a difference.
3. **BE THERE:** Listen carefully and learn what the individual is thinking and feeling. Research suggests **acknowledging and talking about suicide** may **reduce rather than increase** suicidal thoughts.
4. **HELP THEM CONNECT:** Save the National Suicide Prevention Lifeline's **(1-800-273-TALK (8255))** and the Crisis Text Line's number **(741741)** in your phone, so it's there when you need it. You can also help make a connection with a trusted individual like a family member, friend, pastor, or mental health professional.
5. **STAY CONNECTED:** Staying in touch after a crisis or after being discharged from care can make a difference. **Studies have shown** the number of suicide deaths goes down when someone follows up with the at-risk person.

Source: https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml#part_149720

have a history of mental illness or substance abuse, making these extremely important risk factors.

The warning signs include:

- Noticeable changes in eating or sleeping habit.
 - Unexplained or unusually severe, violent, or rebellious behavior
 - Withdrawal from family or friends
 - Sexual promiscuity, truancy, and vandalism
 - Drastic personality change
 - Agitation, restlessness, distress, or panicky behavior
 - Talking or writing about committing suicide, even jokingly
 - Giving away prized possessions
 - Increase in problematic behaviors in school; poor academic performance
- You don't have to be a trained professional to support a young person experiencing suicidal thoughts. It's important to consider all statements and threats of suicide as serious. You can help by offering emotional and practical support, listening and helping the person seek support. Reach out to a mental health professional, call a help line (800-273-TALK or 757-627-LIFE) or visit your nearest emergency room for additional support. Do not leave the person alone unless you are concerned for your own safety (call 911 to support the person in this event).

Danny Holland, Ph.D., LPC, LCMHC (NC), LMHC (HI), NCC, BC-TMH, ACS

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