


# Montgomery County Suicide Crisis and Prevention Resource Guide

*Developed by the Montgomery County Suicide Prevention Taskforce.*



The mission of the **Montgomery County Suicide Prevention Taskforce** is to develop and implement strategies to reduce the risk of suicide in Montgomery County through the collaborative efforts of community agencies and service providers.



**Suicide is preventable.**  
***With help comes hope.***

**How To Use This Guide**

**On the following pages, you will find information about:**

- Finding Help: Emergency/Crisis Services..... 3
- Finding Help: Warning Signs..... 4
- Finding Help: What to Do..... 5
- Finding Help: Hospitals..... 6
- Emergency Care: What to Expect..... 7
- Finding Help: Counseling and Treatment..... 8-9
- Get Involved in Awareness and Prevention..... 10-13
- Where To Go for More Information..... 14-15

Whether you are searching for help for yourself, or a loved one, please keep in mind that the following is just a sampling of all that may be available. Schools, churches, community groups, and medical providers are also often able to offer support and resources.

**By looking for help, you are already taking an important step towards finding a way out of the darkness. You are not alone.**

***With help comes hope.***

## Finding Help: Emergency/Crisis Services

If you feel you are in a crisis, whether or not you are thinking about taking your life, please call one of the resources below. People have called for help with substance abuse, economic worries, relationship and family problems, sexual orientation, illness, getting over abuse, depression, mental and physical illness, and even loneliness. ***With help comes hope.***

**If you are in need of IMMEDIATE help:  
Call 9-1-1 or  
Go to your local area hospital Emergency Department**

### **Montgomery County Mobile Crisis Support:**

#### **Adult Mobile Crisis Support**

Available 24 hours a day/7 days a week at **1-855-634-4673**

#### **Children's Mobile Crisis Support**

Available 24 hours a day/7 days a week at **1-888-435-7414**

### **County Hotlines:**

#### **Peer Support Talk Line**

Available Monday – Sunday, 3:00pm to 8:00pm at **1-855-715-8255**

#### **Teen Talk Line**

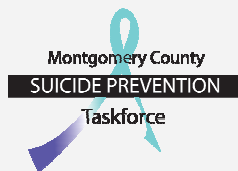
Call **866-825-5856**, or Text **215-703-8411**

### **National Suicide Prevention Lifeline:**

**1-800-273-TALK (8255)**- Veterans Press 1  
**1-800-442-HOPE (4673)** -National Youth Crisis Hotline

# Finding Help: Warning Signs

- Talking about suicide, wanting to die, kill oneself
- Looking for a way to kill oneself, such as searching online or buying a gun
- Talking about feeling worthless, hopeless, or having no reason to live
- Talking about being a burden to others
- Suddenly happier and calmer, especially after a period of depression or sadness
- Giving away prized possessions
- Getting affairs in order, making arrangements
- Increasing alcohol or drug use
- Preoccupation with death
- Acting anxiously or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings



# Finding Help: What to Do

## What to Do :

Take it seriously, **Act NOW.**

- Tell the person why you are concerned
- Don't be afraid to ask if he/she is suicidal
- Do not try to argue someone out of suicide
- Encourage the person to seek professional help immediately
- If it is a crisis, don't leave him/her alone
- Remove firearms, medications, and other objects that could be used in an attempt
- Call 9-1-1, Call Mobile Crisis, or take the person to the emergency room
- Offer encouragement and support after the crisis

---

# Finding Help: Hospitals

---

**If you are in need of IMMEDIATE help:**

**Call 9-1-1 or Go to your local area hospital  
Emergency Department.**

---

If you, or someone you care about, feel that you need the 24 hour care and support of a hospital setting, you can request a **Voluntary Hospitalization**. There are several **psychiatric hospitals** located within Montgomery County that provide treatment intervention. These hospitals offer a therapeutic environment designed to promote healing and recovery. They all provide assessment and intervention **24 hours/day and 7 days/week**. In addition, many local hospitals have psychiatric units and can also offer treatment.

If you or your loved one are NOT in immediate danger, **call your insurance provider** for a complete list of hospitals and information about space and availability. You can also call **Mobile Crisis Services** at **1-855-634-4673 (adults)**, or **1-888-435-7414 (children)**.

---

If you believe someone presents an immediate danger to themselves or others, and is unwilling to go to a hospital, an **Involuntary Hospitalization** may be necessary to get them help:

*For individuals 18 or over:*

Contact **Montgomery County Emergency Services (MCES)** to inquire about the process: 610-279-6100

*For individuals under 18:*

Contact **The Horsham Clinic**: 1-800-237-4447

## Emergency Care: What to Expect

**If you call 9-1-1:** The operator will first ask for your name and location, this is so that help can find you if the call is interrupted or dropped. You will then be asked to describe your emergency. Tell the operator what is happening, and they will dispatch help. An ambulance will come pick you up. Don't be surprised if a police car, and even a fire truck come as well. It's normal for the dispatcher to send several forms of emergency response just to be safe. Explain to the emergency responders how you feel and what is happening. If you have a preference of which hospital to go to, tell the emergency responders and as long as it's a reasonable request, they can take you there. If you have time and are able, it would be helpful for you to bring your insurance card, form of I.D., a change of clothes, and a list of important numbers so that you or the hospital staff can notify a support person of where you are.

**If you call Mobile Crisis:** The person who answers your call will ask you for your name and location. They may also ask you about what kind of insurance you have, this information will help them if they need to connect you to care. They will talk with you about what is happening and how you're feeling, offering support and encouragement. If after speaking, you are feeling better, they will offer to follow-up with you and connect you to services like counseling. If you feel you are still in crisis, a crisis worker will come meet you at a location of your choice. From there, they will speak with you and help you decide what kind of help you need. If at any point the crisis worker on the phone, or in person, thinks that you are in immediate danger, they will call 9-1-1.

**If you go to an Emergency Room:** If possible, bring with you: form of ID, insurance card, list of important numbers, and a change of clothes. When you walk in to an emergency room, you will either be greeted by a check-in clerk or a triage nurse. Explain to them why you are there. Depending on the severity of the crisis, you may have to spend some time in the waiting area. You will be seen by a nurse, an ER doctor, probably a social worker, and be evaluated by a psychiatrist. Even though you are there for suicidal thoughts, they will still take your blood pressure, temperature, and other basic tests to ensure that you aren't in medical danger. The evaluation by the psychiatrist will help the hospital determine whether or not it's appropriate to admit you or find another facility with availability. The process can sometimes take several hours, but remember, you're there to help yourself, and **you are worth the wait.**

**If you go to a Psychiatric Hospital:** The process is very similar to at an ER. You will likely speak to an intake worker, social worker, and be evaluated by a psychiatrist. The process may go quickly, or may take several hours. **You are worth it.** If after the evaluation, it is determined that you do not need inpatient care, the social worker at the hospital can help refer you to community supports like counseling, support groups, or your local community mental health center.

# Finding Help: Counseling

For many people, having a professional support person to talk to can be incredibly healing. Often this takes the form of counseling. If you have insurance, call the *Customer Service Number* on the back of your insurance card and ask the care manager for help in locating a treatment provider near you. Remember: *With help comes hope.*

If you have no insurance, or are having difficulty finding a counselor, you can always call your **local Community Behavioral Health Center**. Community Behavioral Health Centers are the cornerstones of the public mental health system in Montgomery County. In addition to counseling, they also offer Peer Support, case management, psychiatry, career centers, groups, and much more. You can call and request information about a specific service, or ask to speak to an Administrative Case Manager, whose job it is to be the “front door” of the mental health system.

## Community Behavioral Health Centers

### **Norristown Area:**

*Central Montgomery MH/MR Center*

1100 Powell Street  
Norristown, PA 19401

**Phone: 610-277-4600**

Website: [www.centralmhmr.org](http://www.centralmhmr.org)

### **Lower Merion Area:**

*Lower Merion Mobile Services*

850 W. Lancaster Avenue, 2nd Floor  
Bryn Mawr, PA 19010

**Phone: 610-520-1510**

Website: [www.rhd.org/Program.aspx?pid=76](http://www.rhd.org/Program.aspx?pid=76)

### **Telford/Salford Area:**

*Penn Foundation*

807 Lawn Avenue  
Sellersville, PA 18960

**Phone: 215-257-6551**

Website: [www.pennfoundation.org](http://www.pennfoundation.org)



# Finding Help: Counseling

## Community Behavioral Health Centers Cont.

### **Pottstown Area:**

*Creative Health Services, Inc.*

11 Robinson Street

Pottstown, PA 19464

**Phone: 484-941-0500**

Website: [www.creativehs.org](http://www.creativehs.org)

---

### **Lansdale Area:**

*NHS Human Services*

400 N. Broad Street

Lansdale, PA 19446

**Phone: 215-368-2022**

Website: [www.nhsonline.org](http://www.nhsonline.org)

---

### **Abington Area:**

*Child and Family Focus (Children and Adolescents)*

2935 Byberry Rd, #108

Hatboro, PA 19040

**Phone: 215-957-9771**

Website: [www.childandfamilyfocus.org](http://www.childandfamilyfocus.org)

*Central Montgomery MH/MR Center (Adults)*

Willow Grove, PA

**Phone: 215-830-8966**

Website: [www.centralmhmr.org](http://www.centralmhmr.org)

## **US Dept. of Veteran Affairs**

*Montgomery County Vet Center*

320 E. Johnson Hwy, Suite 201

Norristown, PA 19401

**Phone: 215-823-5245 or 877-927-8387**

Website: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)

# Get Involved: Training & Education

Every single person has a role to play in preventing suicide and inspiring hope. Check out the following trainings, and see if there's one that fits your needs and interests. Some trainings can be taken online, others in person, some trainings are free, and others are not. There's something for everyone, and together we can all help spread the word that: ***with help comes hope.***

## **CALM: Counseling on Access to Lethal Means**

A 1.5 to 2 hour workshop designed to help providers implement counseling strategies to help clients at risk for suicide and their families reduce access to lethal means, particularly (but not exclusively) firearms. It includes a number of components: background on suicide data and lethal means; an introduction to firearms; video presentation that models the counseling strategy; a presentation and discussion on conducting a counseling session; optional role plays; and a course evaluation.

**Website: <http://training.sprc.org/>**

## **QPR: Question, Persuade, Refer**

3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor. QPR can be learned in our Gatekeeper course in as little as one hour

**Website: [www.qprinstitute.com](http://www.qprinstitute.com)**

# Get Involved: Training & Education Cont.

## safeTALK

A half-day alertness workshop that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.

**Website: [www.livingworks.net](http://www.livingworks.net)**

## Mental Health First Aid (Youth and Adult)

Mental Health First Aid is an 8-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it does build mental health literacy, helping the public identify, understand, and respond to signs of mental illness.

**Website: [www.mentalhealthfirstaid.org](http://www.mentalhealthfirstaid.org)**

## ASIST: Applied Suicide Intervention Skills Training

Virtually anyone age 16 or older, regardless of prior experience or training, can become an ASIST-trained caregiver. Developed in 1983 and regularly updated to reflect improvements in knowledge and practice, ASIST is the world's leading suicide intervention workshop. During the two-day interactive session, participants learn to intervene and help prevent the immediate risk of suicide. Over 1,000,000 people have taken the workshop, and studies have proven that the ASIST method helps reduce suicidal feelings for those at risk.

**Website: [www.livingworks.net](http://www.livingworks.net)**

## Operation SAVE (Veterans)- *however it applies to anyone and is free information*

Operation S. A. V. E. will help you act with care and compassion if you encounter a person who is suicidal. The acronym "SAVE" summarizes the steps needed to take an active and valuable role in suicide prevention. Signs of suicidal thinking Ask questions Validate the person's experience Encourage treatment and expedite getting help.

**Website: [http://www.vdf.virginia.gov/VDF/Chaplains/Training/Suicide/Operation\\_SAVE\\_Suicide\\_Prevention\\_DeptOfVA.pdf](http://www.vdf.virginia.gov/VDF/Chaplains/Training/Suicide/Operation_SAVE_Suicide_Prevention_DeptOfVA.pdf)**

# Get Involved

Make suicide prevention training and awareness a part of **new hire orientations and ongoing staff development, no matter your business or industry.**

Visit **[www.store.samhsa.gov](http://www.store.samhsa.gov)** for  
FREE Suicide Prevention materials:

- Suicide Safe Mobile App
- Suicide Assessment Five-Step Evaluation and Triage Pocket Card for Clinicians
- Lifeline wallet cards and magnets
- Suicide Awareness brochures in English and Spanish

Put them around your office space, place on tables during events, distribute to all staff, hang magnets on your fridge, include in welcome packets to new members, post on community boards, add banners and logos to social media and websites.

## **Drive Out Suicide Campaign**

*[www.driveoutsuicide.org](http://www.driveoutsuicide.org)*

A volunteer campaign to place a suicide prevention window decal on your rear windshield for two weeks. The decal spreads awareness of the crisis hotline phone number everywhere you normally drive.

## Get Involved: Reporting Concern via Social Media

Technology is all around us, and young people especially are expressing themselves via social media platforms. Don't ignore posts that may indicate suicidal thoughts. Instead, follow the directions below and you just may save a life!

**Facebook:** To anonymously report concerning content on Facebook. Click the comment, then report, select about someone else, then harmful behavior, then suicidal content. A member of Facebook's Safety Team will send the user an e-mail with the Lifeline number and possibly a link to chat with a Lifeline counselor.

**Twitter:** Select "Self-Harm" to send an e-mail to Twitter reporting a suicidal user. Twitter will send the user a direct message with the Lifeline number.

**YouTube:** To report suicidal content, click on the flag icon under a video and select "Harmful Dangerous Acts" and then "Suicide or Self-Injury." You Tube will then review the video and may send a message to the user that uploaded the video with the Lifeline number.

**Tumblr:** Write an e-mail to Tumblr about a suicidal user. Include as much information as possible including the URL of the Tumblr blog. A member of Tumblr's Safety Team will send the user an e-mail with the Lifeline number.

---

## Where To Go for More Information

---

**Montgomery County Suicide Prevention Task Force**  
[montcopa.org/suicidepreventiontaskforce](http://montcopa.org/suicidepreventiontaskforce)

**Veterans Crisis Line**  
1-800-273-8255, Press 1  
[www.VeteransCrisisLine.net](http://www.VeteransCrisisLine.net)

**Suicide Prevention Resource Center**  
[www.sprc.org](http://www.sprc.org)

**American Foundation for Suicide Prevention**  
215-746-7256  
[www.afsp.org](http://www.afsp.org)

**PA Adult/Older Adult Suicide Prevention Coalition**  
Phone: 717-885-9161  
Fax: 717-303-3634  
[www.preventsuicidepa.org](http://www.preventsuicidepa.org)

**Action Alliance for Suicide Prevention**  
[www.actionallianceforsuicideprevention.org](http://www.actionallianceforsuicideprevention.org)

**Hispanic Community Resource Helpline**  
1-800-473-3003

**The Trevor Helpline- For Gay and Questioning Youth**  
1-866-4U-TREVOR (4888-7386)

**Minding Your Mind Foundation**  
Phone: 610-642-3879  
Fax: 610-896-5704  
[www.mindingyourmind.org](http://www.mindingyourmind.org)

**National Suicide Prevention Lifeline**  
1-800-273-8255  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**The Jed Foundation**  
[www.jedfoundation.org](http://www.jedfoundation.org)

**American Association of Suicidology**  
[www.suicidology.org](http://www.suicidology.org)

**National Alliance of Mental Illness (NAMI)**  
100 West Main Street, Suite 204  
Lansdale PA, 19446  
215-361-7784  
[www.nami-montcopa.org](http://www.nami-montcopa.org)



---

## Where To Go for More Information

---

**Anxiety and Depression Association of America**

[www.adaa.org](http://www.adaa.org)

**Alcoholics Anonymous**

[www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)

**Narcotics Anonymous**

[www.na.org](http://www.na.org)

**Mental Health America**

[www.nmha.org](http://www.nmha.org)

**Befrienders International/Samaritans**

[www.befrienders.org](http://www.befrienders.org)

**Feeling Blue- Suicide Prevention Council**

484-580-8049

[www.feelingblue.org](http://www.feelingblue.org)

### **Bereavement Support Groups**

**The Center for Loss and Bereavement**

3847 Skippack Pike

P.O. Box 1299

Skippack, PA 19474

Phone: 610-222-4110

Fax: 610-222-4116

[www.bereavementcenter.org](http://www.bereavementcenter.org)

**Widow & Widower Support Group**

45 Haverford Road

Wynnewood, PA

610-896-7770 or 610-896-5720

**SOS-Survivor of Suicide Support Group**

(Last Saturday of the month at 1:00pm)

404 Davisville Road

Willow Grove, PA 19090

[www.sosphilly.org](http://www.sosphilly.org)

**The Compassionate Friends**

(1st Thursday of the month at 7:45pm)

Good Shepherd Lutheran Church

132 E Valley Forge Rd

King of Prussia, PA 19406

484-919-0820

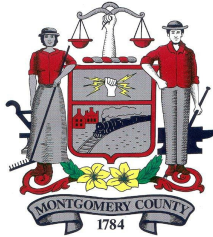
[www.compassionatefriends.org](http://www.compassionatefriends.org)



# MONTGOMERY CRISIS SUPPORT

**Children :1-888-435-7414**

**Adults: 1-855-634-4673**



## Montgomery County Suicide Prevention Task Force

[www.montcopa.org/suicidepreventiontaskforce](http://www.montcopa.org/suicidepreventiontaskforce)

