

## Contact / Referral Information:

### Morris Office

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Or email us at [SPS@mhainspire.org](mailto:SPS@mhainspire.org)

The mission of the Mental Health Association is to promote mental health, including the integration of physical healthcare, to improve the care and treatment of individuals with mental illness, and to remove the stigma associated with emotional and mental disorders.

We, as a community organization, accomplish our mission through advocacy, education, prevention, early intervention, treatment, and service.



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

# Suicide Prevention

Treatment is available.  
Suicide can be prevented.

PRESENTATIONS

WARNING SIGNS

RESOURCES



## Suicide Prevention Services

The Suicide Prevention team's goal is to spread awareness on suicide prevention by offering educational presentations and time-limited trainings for the purpose of providing families with a greater knowledge of mental illness, treatment options, and skills.



### PRESENTATIONS

The team has designed specific presentations on suicide prevention for:

#### Schools

- Faculty
- Support Staff
- Administrators
- Students (can include implementing an evidence-based screening for grades 3-12)

#### Communities

- Parents
- Family Members
- Congregants
- College Students

#### Specialized Groups

- Law Enforcement
- Veterans
- First Responders
- Faith Leaders
- College Professionals

## HOW TO HELP

Here are four ways you can be helpful to someone you might know who is having thoughts on suicide:

### ASK

Be Direct & Talk Openly

- Are you thinking about killing yourself?
- Are you thinking about suicide?



### LISTEN

Listen without judgement

- Allow expressions of feelings
- Take their threats seriously



### CONNECT

- Crisis services
- Talk about their supports
- Community resources



### FOLLOW UP

- Check in
- Text
- Call



## RESOURCES

There are resources available 24/7 if you or someone you know needs assistance and support.

**988 Suicide and Crisis Lifeline:** 988

**2NDFLOOR:** 1-888-222-2228

**Crisis Textline:** text TALK to 741741

**Youthline:** 1-877-968-8491

**TrevorLifeline:** 1-866-488-7386

**NJ Suicide Prevention Hopeline:**  
1-855-654-6735

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

**Society for the Prevention of Teen Suicide:** [www.sptsusa.org](http://www.sptsusa.org)

SCAN QR CODE  
FOR MORE  
RESOURCES

