

New Nationwide Mental Health Crisis Hotline (coming July 16th, 2022)

988 – call or text in case of mental health emergency

- <https://suicidepreventionlifeline.org/current-events/the-lifeline-and-988/>

Crisis Support in Maryland

Maryland Crisis Hotline at 1-800-422-0009

Sheppard Pratt Walk-in Clinics in Towson and Elkridge

- <https://www.sheppardpratt.org/care-finder/crisis-walk-in-clinic/>

Grassroots Crisis Intervention serving central Maryland

- <https://www.grassrootscrisis.org/services/crisis-intervention/>

Maryland Coalition of Families

- <https://www.mdcoalition.org/>

Baltimore Crisis Response Inc. serving Baltimore City

- <https://bcresponse.org/>

Montgomery County Crisis Center serving Montgomery County

- <https://www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=BHCS/BHCS24hrcrisiscenter-p204.html>

Harford Crisis Center serving Harford County

- <https://harfordcrisiscenter.org/>

The Santé Group serving the Eastern Shore

- <https://www.thesantegroup.org/where-we-work/eastern-shore-md/>

Life Crisis Center serving the Eastern Shore

- <https://lifecrisiscenter.org/>

Mental Health Association of Frederick serving Western Maryland

- <https://fcmha.org/>

Community Crisis Services Inc. serving Southern Maryland

- https://www.communitycrisis.org/?page_id=1168#:~:text=Community%20Crisis%20Services%20C%20Inc.%20serves%20as%20the%20after-hours,suspect%20adult%20or%20child%20abuse%20or%20neglect.%20301-909-2450

Resources

Dialectical Behavioral Therapy TIPP Skills

- <https://dialecticalbehavioraltherapy.wordpress.com/distress-tolerance-tipp-skills/>

DBT Self Help: *ACCESS Skill*

- <https://dbtselfhelp.com/dbt-skills-list/distress-tolerance/accepts/>

Self-Injury Outreach and Support

- www.sioutreach.org

Cornell Research Program on Self-Injurious Behaviors in Adolescents and Young Adults

- www.selfinjury.bctr.cornell.edu

American Foundation for Suicide Prevention

- <https://afsp.org/suicide-prevention-resources>

Not Okay App (for Safety Planning)

- <https://www.notokapp.com/>

Suicide Safety Plan App

- <https://www.suicidesafetyplan.app/>

American Academy of Pediatrics:

How to Talk about Suicide Risk with Patients and their Families

- <https://www.aap.org/en/patient-care/blueprint-for-youth-suicide-prevention/strategies-for-clinical-settings-for-youth-suicide-prevention/how-to-talk-about-suicide-risk-with-patients-and-their-families/>

Blueprint for Youth Suicide Prevention

- <https://www.aap.org/en/patient-care/blueprint-for-youth-suicide-prevention/>

Suicide Safety: Precautions at Home

- https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/suicide-safety-130.aspx

Screening Tools and Safety Plan

Suicide Prevention Lifeline: *Patient Safety Plan Template for Suicide Prevention*

- <https://suicidepreventionlifeline.org/wp-content/uploads/2016/08/Brown-StanleySafetyPlanTemplate.pdf>

Ask Suicide-Screening Questions Toolkit

- <https://www.nimh.nih.gov/research/research-conducted-at-nimh/asq-toolkit-materials>

Emergency Department Suicide Risk Screening Pathway

- https://www.nimh.nih.gov/sites/default/files/documents/suicide_risk_screening_clinical_pathway_ed_final_with_supplement.pdf

Research Articles

Therapeutic Interventions for Suicide Attempts and Self-Harm in Adolescents: Systematic Review and Meta-Analysis (Ougrin et al., 2015)

- <https://www.sciencedirect.com/science/article/pii/S089085671400731X>

Protecting adolescents from self-harm: a critical review of intervention studies (Brent et al., 2013)

- <https://www.sciencedirect.com/science/article/pii/S0890856713006394>

Family-Based Crisis Intervention with Suicidal Adolescents (Wharff et al., 2019)

- https://journals.lww.com/pec-online/Fulltext/2019/03000/Family_Based_Crisis_Intervention_With_Suicidal.2.aspx