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/](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**


**Grassroots Crisis Intervention** serving central Maryland

- [https://www.grassrootscrisis.org/services/crisis-intervention/](https://www.grassrootscrisis.org/services/crisis-intervention/)

**Maryland Coalition of Families**

- [https://www.mdcoalition.org/](https://www.mdcoalition.org/)

**Baltimore Crisis Response Inc.** serving Baltimore City

- [https://bcresponse.org/](https://bcresponse.org/)

**Montgomery County Crisis Center** serving Montgomery County


**Harford Crisis Center** serving Harford County

- [https://harfordcrisiscenter.org/](https://harfordcrisiscenter.org/)

**The Santé Group** serving the Eastern Shore

- [https://www.thesantegroup.org/where-we-work/eastern-shore-md/](https://www.thesantegroup.org/where-we-work/eastern-shore-md/)

**Life Crisis Center** serving the Eastern Shore

- [https://lifecrisiscenter.org/](https://lifecrisiscenter.org/)

**Mental Health Association of Frederick** serving Western Maryland

- [https://fcmha.org/](https://fcmha.org/)
BHIPP Mental Health Crisis Training:  
Suicide Prevention Part II: Safety and Crisis Planning

Community Crisis Services Inc. serving Southern Maryland

- [https://www.communitycrisis.org/?page_id=1168#:~:text=Community%20Crisis%20Services%2C%20Inc.%20serves%20as%20the%20after-hours,suspect%20adult%20or%20child%20abuse%20or%20neglect.%20301-909-2450](https://www.communitycrisis.org/?page_id=1168)

Resources

Dialectical Behavioral Therapy TIPP Skills

- [https://dialecticalbehavioraltherapy.wordpress.com/distress-tolerance-tipp-skills/](https://dialecticalbehavioraltherapy.wordpress.com/distress-tolerance-tipp-skills/)

DBT Self Help: ACCESS Skill

- [https://dbtselfhelp.com/dbt-skills-list/distress-tolerance/accepts/](https://dbtselfhelp.com/dbt-skills-list/distress-tolerance/accepts/)

Self-Injury Outreach and Support

- [www.sioutreach.org](http://www.sioutreach.org)

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

- [www.selfinjury.bctr.cornell.edu](http://www.selfinjury.bctr.cornell.edu)

American Foundation for Suicide Prevention

- [https://afsp.org/suicide-prevention-resources](https://afsp.org/suicide-prevention-resources)

Not Okay App (for Safety Planning)

- [https://www.notokapp.com/](https://www.notokapp.com/)

Suicide Safety Plan App

- [https://www.suicidesafetyplan.app/](https://www.suicidesafetyplan.app/)

American Academy of Pediatrics:

*How to Talk about Suicide Risk with Patients and their Families*


*Blueprint for Youth Suicide Prevention*


*Suicide Safety: Precautions at Home*

Screening Tools and Safety Plan

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


Ask Suicide-Screening Questions Toolkit


Emergency Department Suicide Risk Screening Pathway


Research Articles

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


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


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