

**New Nationwide Mental Health Crisis Hotline (coming July 16<sup>th</sup>, 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

**Grassroots Crisis Intervention** serving central Maryland

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

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

- <https://bcresponse.org/>

**Every Mind** serving Montgomery County

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

**Resources**

**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)

**Contemporary Pediatrics: SOARS model: *Risk assessment of nonsuicidal self-injury***

- <https://www.contemporarypediatrics.com/view/soars-model-risk-assessment-nonsuicidal-self-injury>

**American Foundation for Suicide Prevention**

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

**Children's Hospital Colorado:**

***Suicidal Ideation in Pediatric Patients***

- <https://www.childrenscolorado.org/doctors-and-departments/departments/psych/mental-health-professional-resources/primary-care-articles/suicidal-ideation-pediatrics/#:~:text=Suicidal%20ideation%20is%20an%20umbrella,%2C%20plans%2C%20intent%20and%20attempts.&text=Suicide%20is%20commonly%20cited%20as,children%20ages%2010%20to%2014>

***Pediatrician's Guide to Non-Suicidal Self-Harm in Teenagers***

- <https://www.childrenscolorado.org/doctors-and-departments/departments/psych/mental-health-professional-resources/primary-care-articles/non-suicidal-self-injury-teens/>

**American Academy of Pediatrics: *Blueprint for Youth Suicide Prevention***

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

**American Academy of Pediatrics: *Suicide Safety: Precautions at Home***

- [https://www.aacap.org/AACAP/Families\\_and\\_Youth/Facts\\_for\\_Families/FFF-Guide/suicide-safety-130.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Facts_for_Families/FFF-Guide/suicide-safety-130.aspx)

**Screening Tools**

**PHQ-9 for Adolescents**

- [https://www.aacap.org/App\\_Themes/AACAP/docs/member\\_resources/toolbox\\_for\\_clinical\\_practice\\_and\\_outcomes/symptoms/GLAD-PC\\_PHQ-9.pdf](https://www.aacap.org/App_Themes/AACAP/docs/member_resources/toolbox_for_clinical_practice_and_outcomes/symptoms/GLAD-PC_PHQ-9.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](https://www.nimh.nih.gov/sites/default/files/documents/suicide_risk_screening_clinical_pathway_ed_final_with_supplement.pdf)

## Research Articles

### Self-Injury (Nock, 2010)

- [https://www.annualreviews.org/doi/full/10.1146/annurev.clinpsy.121208.131258?casa\\_tok=en:hm3\\_KA2hndoAAAAA%3AtH50qYpJxgUob1I5RPLwC55z2DTAIDgsGImLYSdwt3ZDAGNBb8W4CIGSIgIk-TCzSRPO\\_WkYZVD4RQ](https://www.annualreviews.org/doi/full/10.1146/annurev.clinpsy.121208.131258?casa_tok=en:hm3_KA2hndoAAAAA%3AtH50qYpJxgUob1I5RPLwC55z2DTAIDgsGImLYSdwt3ZDAGNBb8W4CIGSIgIk-TCzSRPO_WkYZVD4RQ)

### Revealing the form and function of self-injurious thoughts and behaviors: A real-time ecological assessment study among adolescents and young adults (Nock, Prinstein & Sterba, 2009)

- <https://psycnet.apa.org/doiLanding?doi=10.1037%2Fa0016948>

### Non-suicidal self-injury among adolescents: Diagnostic correlates and relation to suicide attempts (Nock, Joiner, Gordon, Lloyd-Richardson & Prinstein, 2006)

- [https://www.sciencedirect.com/science/article/pii/S0165178106001351?casa\\_token=ss\\_ba\\_dUB77MAAAAA:4p8EtJzLjpooM7mGbn1Bp1z3ztzcsgrOhyhGVoyyEi1U5Lzjbnlix50FI-0PgyYC1pr\\_1T3hig](https://www.sciencedirect.com/science/article/pii/S0165178106001351?casa_token=ss_ba_dUB77MAAAAA:4p8EtJzLjpooM7mGbn1Bp1z3ztzcsgrOhyhGVoyyEi1U5Lzjbnlix50FI-0PgyYC1pr_1T3hig)

### Suicide Attempts and Nonsuicidal Self-Injury in the Treatment of Resistant Depression in Adolescents: Findings from the TORDIA Study (Asarnow et al., 2011)

- <https://www.sciencedirect.com/science/article/pii/S0890856711003443>

### Clinical and Psychosocial Predictors of Suicide Attempts and Nonsuicidal Self-Injury in the Adolescent Depression Antidepressants and Psychotherapy Trial (ADAPT) (Wilkinson et al., 2011)

- <https://psycnet.apa.org/doiLanding?doi=10.1037%2Fa0016948>

### Suicide rates for females and males by race and ethnicity: United States, 1999 and 2017 (Curtin & Hedegaard, 2019)

- <https://stacks.cdc.gov/view/cdc/79168>

### Clinical Profiles and Health Services Patterns of Medicaid-Enrolled Youths Who Died by Suicide (Fontanella et al., 2020)

- <https://jamanetwork.com/journals/jamapediatrics/article-abstract/2762862>

### Suicide Ideation and Attempts in a Pediatric Emergency Department Before and During COVID-19 (Hill et al., 2021)

- <https://publications.aap.org/pediatrics/article/147/3/e2020029280/33202/Suicide-Ideation-and-Attempts-in-a-Pediatric>