

SUICIDE PREVENTION RESOURCES FOR
CHILD SUPPORT SPECIALISTS

CALL or TEXT 988
if you or someone you know is thinking of
harming themselves

988
SUICIDE
& CRISIS
LIFELINE

The 988 Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week in the United States.

Suicide Prevention Hotline

<https://988lifeline.org/> if you want to talk with someone or contact Crisis Text online (crisistextline.org) if you prefer to text.

In the U.S. contact the suicide prevention hotline via online chat, text, or phone.

Open 24/7
Counselors, Volunteers
Text 741741 for Texting
Online at crisistextline.org

988 Suicide & Crisis Lifeline

Provides free & confidential support for people in distress

Counselors, Volunteers available 24/7

Provides specific resources for all who are in need.

Also offers stories from people who overcame crisis and found hope and recovery.

American Foundation for Suicide Prevention

<https://afsp.org/what-to-do-when-someone-is-at-risk/>

Assume you are the only one who will reach out when you think someone is at risk. Talking with someone struggling with mental health can help. Here's what to do about that:

- Talk in private
Listen & let them know you care
- Take them seriously
They may not have hope that they can be helped.
- Stay with them & call or text 988
- Ask them directly if they are thinking about suicide

If someone says they are considering suicide take them seriously, stay with them remove lethal means, and call 988 or text TALK to 741741

If you are struggling

- Do not wait to reach out
- Seek mental health treatment
- Treat yourself like you would treat someone else who needs your help.

Risks Factors in Suicide Prevention

<https://www.cdc.gov/suicide/factors/index.html>

There are many factors contributing to suicide risk. There is not just one event or circumstance that causes suicide. Instead factors ranging from individual, relationship, community, and societal levels increase the risk. These factors can increase the possibility that a person will attempt suicide. See the [CDC](https://www.cdc.gov/suicide/factors/index.html) for a comprehensive list of risk factors.

Factors Protecting Against Suicide

[CDC Factors Protecting Against Suicide](https://www.cdc.gov/suicide/factors/index.html)

Factors protecting against suicide include individual, relationship, community, and societal levels. The difference in factors that increase risk of suicide and those that protect against suicide are the actions of communities to support people and how individuals and relationships protect from suicidal thoughts and behaviors. You can visit the [CDC](https://www.cdc.gov/suicide/factors/index.html) to understand how these factors protect against suicide risk.

Suicide Prevention Resources

Customers can be referred to: [Crisis Text Line](https://crisistextline.org) Text HOME to 741741 free, 24/7 crisis counseling

Oklahoma Mental Health and Substance Abuse Services (OMHSAS) [video series on Self-Care is Health Care](#)

Child Support Services [Customers Resource List](#)

Substance Abuse and Mental Health Services Administration (SAMHSA) [National Help Line](#)
[Veterans Crisis Line](#)

OMHSAS [Suicide and Prevention Support](#)