



RED FOLDER

Brought to you by:
Centre County Suicide Prevention Task Force

A quick reference guide for recognizing, responding to, and referring distressed individuals.



RECOGNIZE



RESPOND



REFER

HOW TO USE

1. Recognize indicators of distress

Common indicators are listed inside. Individuals may present with indicators not listed.

2. Respond appropriately

Each situation is unique. Use the tips and decision tree to determine the most appropriate response.

3. Refer

Use the list of resources on back cover to refer the individual to the most appropriate resource.



REFER

Follow the decision tree to determine who to contact when you are concerned about a individual who is distressed and/or disruptive. Emergency and community resources are listed.

Is the individual a danger to themselves / others
OR does the individual need some other assistance?

Yes

The individuals conduct is clearly dangerous or threatening, including self-harm or harm to others.

Dial 911

call if you can, text if you can't

No

I am not concerned for anyone's immediate safety, but the individual is having significant concerns and could use some support.

Refer individual to community resources as appropriate

I'm Not Sure

The individual is with me currently and shows signs of distress, but it is not clear how serious it is. I feel uneasy and/or really concerned about the individual.

Call Centre Co. Crisis
1-800-643-5432
Go to CCR or ED
Call or Text 911

The individual is not with me currently, but I am concerned about what they said (in an email / call) OR what they did (acted bizarrely, were aggressive/disruptive) OR how they looked (unkempt, unwashed, or as if drugged/drunken).

Call Centre Co. Crisis
1-800-643-5432
Go to CCR
Call or Text 911

Local Emergency Resources

Emergency Services: 911, call if you can, text if you can't
Centre County Crisis: 1-800-643-5432
Center for Community Resources (CCR)
2100 E College Ave Ste A, State College, PA 16801
Local Emergency Department

National Resources

National Suicide Prevention Lifeline
1-800-273-8255 (TALK)
Press 1 for Veterans

Crisis Text Line
Text 'PA' to 741-741

The Trevor Project
1-866-488-7386

Urgent Resources

Centre Helps 1-800-494-2500
Centre Safe 1-814-234-5050
Centre County MH/ID (814) 355-6782

Community Resources

Centre County Resources for Mental Health (scan QR code)



Learn More

Take a course to learn how you can help save a life.

Jana Marie Foundation (janamariefoundation.org)

- QPR Suicide Prevention Training for Gatekeepers
- Mental Health First Aid (Adult & Youth Modules and Teen)

Centre Helps (centrehelps.org)

- Applied Suicide Intervention Skills Training (ASIST)

American Foundation for Suicide Prevention (afsp.org)

- More Than Sad
- Talk Saves Lives



RECOGNIZE

Indicators of Distressed Individuals

Learn the FACTS: Look for groupings, frequency, and severity of behaviors, not just isolated symptoms.

Feelings

- Hopelessness – feeling like things are bad and won’t get any better
- Fear of losing control, harming oneself or others
- Helplessness – a belief that there’s nothing that can make life better
- Worthlessness – feeling useless and of no value
- Self-hate, guilt, or shame
- Extreme sadness or loneliness
- Anxiety or worry

Actions

- Drug or alcohol abuse
- Talking or writing about death or destruction
- Aggression
- Recklessness

Changes

- Personality – behaving like a different person, becoming withdrawn, feeling tired all of the time, not caring about anything, or becoming more talkative or outgoing
- Behavior – inability to concentrate

Changes (continued)

- Sleeping pattern – sleeping all of the time or not being able to sleep
- Eating Habits – loss of appetite and/or overeating
- Losing interest in friends, hobbies, personal appearance
- Sudden improvement after a period of being down or withdrawn

Threats

- Statements like “How long does it take to bleed to death?”
- Threats like “I won’t be around much longer” or “You’d be better off without me”
- Making plans, such as studying about ways to die or obtaining the means to self-inflict injury or death
- Suicide attempts

Situations

- Getting into trouble at school, at home, or with the law
- Recent losses
- Changes in life that feel overwhelming
- Being exposed to suicide or the death of a peer under any circumstances

HazeldenLifelines. www.hazelden.org



RESPOND

Use these tips to determine the most appropriate response for a distressed individual.

ASK THE QUESTION!

Are you thinking about suicide?

Stay Safe

If there is an imminent danger to the individual, you, or anyone else, call 911 and ask for a CIT trained officer.

Use Active Listening

Make eye contact, give your full attention. Restate what the individual says to make sure you understand what is causing the distress and’or what they are asking for help with.

Stay Calm

Take a few deep breaths to calm yourself. Use a calm voice when talking and asking questions.

Ask Direct Questions

Don’t be afraid to directly ask the individual if they are having thoughts of harming themselves or others (by asking, you are not instilling the thought).

Take Your Time

If this is NOT an imminently dangerous situation, take time to think through what might be the most helpful next step.

Give Concrete Help

Help get them to the next step. (Resources on the back of folder). Do not leave them alone.

Seek Consultation

You are not alone. Ask those around you for help. Consult with a colleague, or other resources (See back of folder).

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