

September is Suicide Prevention and Awareness Month, and the RBCM would like to use this month to share resources that could save the life of you or someone you know.

### **Warning Signs of Suicide:**

- ❖ **Losing interest in school or work**
- ❖ **Withdrawing from family and friends**
- ❖ **Giving away beloved/favorite possessions**
- ❖ **Talking about wanting to die or wanting to kill themselves**

### **Where to go for Help:**

- ❖ **988 Suicide Prevention Hotline**
- ❖ **Licensed Mental Health Professional**
- ❖ **Call 911 and ask if they have a crisis intervention team**

More information will be provided in the upcoming workshop on September 12<sup>th</sup>. Please see below mental health resources for your information.

### ***Mental Health Resources***

***National Suicide Prevention Lifeline:*** 988 (or 1-800-273-8255)

***Crisis Text Line:*** Text HOME to 741741

***The Trevor Project:*** 1-866-488-7386 (LGBTQ youth)

***The Jed Foundation:*** [https://jedfoundation.org/pen\\_spark](https://jedfoundation.org/pen_spark)

***The Steve Fund:*** <https://stevefund.org/> (mental health resources for students of color)

***The National Alliance on Mental Illness (NAMI)***

***MentalHealth.gov:*** <https://www.samhsa.gov/> (government website with information and resources on mental health)

***Here are some resources specific to the DMV:***

- ***The DC Department of Behavioral Health (DBH):*** <https://dbh.dc.gov/> offers a variety of mental health services, including crisis intervention, outpatient treatment, and substance abuse treatment. Call their Access HelpLine at 1-888-7WE-HELP (1-888-793-4357) to get connected to a mental health professional.

- **The Maryland Department of Health's Behavioral Health Administration:** <https://health.maryland.gov/bha/Pages/Index.aspx> offers a variety of mental health resources, including a crisis hotline, mental health treatment programs, and information on mental health conditions. Call their crisis hotline at 1-800-422-0053
- **The Virginia Department of Mental Health, Mental Retardation & Substance Abuse Services (DMV-DMRS):** <https://dbhds.virginia.gov/> offers a variety of mental health services, including crisis intervention, outpatient treatment, and substance abuse treatment. Call their crisis hotline at 1-800-950-NAMI (6264).

### **How To Find a Therapist Who Really Gets You**

- <https://frenshe.com/how-to-find-a-therapist-who-really-gets-you/>
- Melanin and Mental Health  
<https://www.melaninandmentalhealth.com/>
- Therapy for Black Girls  
<https://therapyforblackgirls.com/>
- Therapy for Black Men  
<https://therapyforblackmen.org/>
- GriefShare - [www.griefshare.org](http://www.griefshare.org) Offers support groups, resources, and online tools to help individuals navigate through grief.
- Online Depression Screening  
<https://screening.mhanational.org/screening-tools/>
- Boris Henson Foundation  
<https://borishensonfoundation.org/>

### **Apps for Mood Tracking:**

- *Ebony Notes: Specifically geared towards African Americans*
- *Mood Tools*
- *Safety Plan: Can be used to create a safety plan if suicidal*
- *Daylio: Teen and adolescent friendly*

### **Books:**

- *The Unapologetic Guide to Black Mental Health*