

## Suicide Prevention

A person at risk for suicidal behavior most often will show warning signs: depression, previous suicide attempts, recent losses, frequent thoughts about death, and the use of drugs or alcohol. A person planning to attempt suicide may also give verbal hints such as "nothing matters," or "I won't be a problem for you anymore." They may also give away favorite possessions or become suddenly cheerful after a long period of sadness. The impact of youth suicides is far reaching, leaving families, teachers, and students to ask themselves how the suicide could have been prevented. Usually those who attempt suicide have more than one problem. If your child or a friend displays any of these behaviors, you should seek help.

Family, teachers, and other school staff such as guidance counselors, school psychologists, or school social workers are your greatest resource when you need some help. If trusted adults or professionals are not available, encourage your child to contact the National Youth Crisis Hotline at 1-800-442-4673 or 2-1-1 to talk to a person at the local Tampa Bay Crisis Hotline.

### Crisis Center of Tampa Bay

*Gateway services* are available 24 hours a day, 365 days a year by dialing 2-1-1. People who are struggling with a variety of crisis situations including sexual assault or abuse, domestic violence, financial distress, substance abuse, medical emergency, suicidal thoughts and other emotional or situational problems can connect to hope and healing.

[www.crisiscenter.com](http://www.crisiscenter.com)

Phone: 813.964.1964

### Gracepoint

At the Children's Crisis Center, we have created a special environment for children experiencing a mental health crisis. A warm, caring place that is safe and secure. Thousands of families have trusted the well-being of their children to our care.

Children ages 5 to 17 receive services in a newly renovated, secure 28-bed unit. Our team of licensed clinicians led by board certified child & adolescent psychiatrists work exclusively with children. They have the expertise to recognize psychiatric disorders in children and the experience to recommend the most appropriate next steps in their treatment. We offer comprehensive diagnostic evaluation and treatment of a variety of emotional and behavioral problems.

### *Emergency Walk-in*

Be assured that at any time of day, our clinicians are available by calling 813.272.2882 or for immediate evaluations - 24 hours a day, 7 days a week. We are located at 2208 E. Henry Ave., Tampa, FL 33610

### *Mobile Crisis*

At Gracepoint, we understand the importance of early response to serious crisis situations – especially with children and adolescents.

A Mobile Crisis Team of licensed professionals trained specially to work with young people experiencing a mental health crisis and their families is available 24 hours a day, 7 days a week in their home, school or any other safe community location in Hillsborough County. Team members are trained to provide clinically necessary crisis de-escalation, supportive counseling and solution-focused interventions.

Anyone may call and share a need. Call 813.272.2958

<https://www.gracepointwellness.org/>

Phone: 813.272.2244

## Northside Behavioral Health

Northside, established in 1976, is a non-profit organization committed to helping heal the hurt in the lives of Hillsborough County residents suffering from or at risk for mental illness. With nationally accredited programs, Northside sets the standard for the best practices in mental health treatment, while making mental health care affordable and accessible to individuals and families and building a safer, healthier community.

With its multiple sites throughout Hillsborough County and state-of-the-art, evidence-based wellness and clinical services, Northside is dedicated to providing innovative programs that help individuals use their strengths and abilities to live productive, independent, and happier lives.

Services and programs include:

- Crisis stabilization unit
- Case management
- Medication management
- Residential services

<http://www.northsidebhc.org/>

Phone: 813.977.8700

Below are links for more information:

<http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide>

<https://www.samhsa.gov/find-help/suicide-prevention>