



988
SUICIDE
& CRISIS
LIFELINE
MISSISSIPPI

SUICIDE PREVENTION & 988

**GUIDE FOR
MISSISSIPPI
SCHOOLS**



CONTENTS

Purpose	3
Data	4
Prevention	5
Protective and Risk Factors	6
988 For Schools	7
988: How It Works!	8
Help is Available: Videos	9
Mental Health in Mississippi	10
Intervention and Crisis Response	11
Improving the Mental Health of Mississippi's Children and Youth Manual	13
Programs and Trainings	15
The Alliance Project	16
Postvention	17
After Suicide: A Toolkit for Schools	18
Resources	19
<i>Programs and Policies</i>	
Quick Contacts	24

*A crucial component of this guide is the **988 lifeline program**, which offers 24/7 call, text, and chat access to trained crisis counselors. These counselors are available for anyone experiencing suicidal thoughts, substance use, mental health crisis, or any other kind of emotional distress. Additionally, anyone can call, text, or chat **988** if they are worried about a loved one who may need crisis support.*



988lifeline.org

PURPOSE

“We are so grateful for everyone who works with us in the area of suicide prevention. Suicide is a difficult topic to discuss. It leaves such heartbreak in its wake that words often fail us when we are confronted with someone who has been affected by it. It’s so hard to accept that someone may be considering hurting themselves that we often don’t even want to consider asking that hard question – have you been thinking about suicide? That’s why this toolkit is so important. Everyone should know the warning signs and risk factors related to suicide, and know when and how to intervene with their friends, families, and loved ones. Help is out there, and right at your fingertips. Sometimes, all it takes to save a life is to make a phone call or ask a question. If you or someone you know is struggling, please don’t hesitate to reach out.”

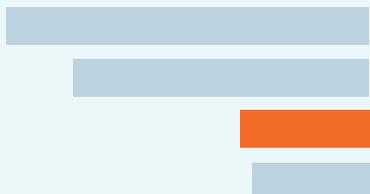
Wendy Bailey

Executive Director, Mississippi Department of Mental Health



DATA

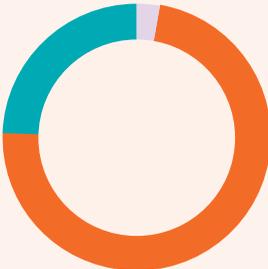
Suicide is a critical public health issue that affects individuals, families, schools, and communities. Suicide is one of the leading causes of death in the United States. Preventing suicide requires everyone's commitment, from the individuals struggling with their own thoughts of suicide to the systems and communities that support them. It is important to bring suicide discussions and resources to the forefront to provide hope for those impacted, for hope is the lifeline that can save lives.



IN 2022, SUICIDE WAS THE 14TH LEADING CAUSE OF DEATH FOR ALL AGES AND THE 3RD LEADING CAUSE OF DEATH AMONG 15-24 YEAR OLDS.

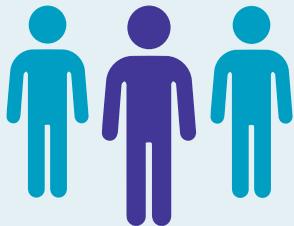
SUICIDE IS NOW THE THIRD LEADING CAUSE OF DEATH AMONG ADOLESCENTS AND YOUNG ADULTS AGES 10 TO 24 IN MISSISSIPPI. (SUICIDE PREVENTION RESOURCE CENTER)

In 2021, 65 Mississippians under the age of 25 died by suicide, which represents 14% of all deaths by suicide in the state. Of these:



- 72% FIREARMS
- 25% HANGING, STRANGULATION, AND SUFFOCATION
- OTHER

In Mississippi, overdose deaths rose 34%, increasing from 586 in 2020 to 788 in 2021. One out of every three overdose deaths in 2021 was among people younger than 35 years of age.



HOWEVER, PEOPLE WANT TO HELP.

94%
of adults in the U.S. see suicide as a preventable public health issue.

96%
would take action if someone close to them was thinking about suicide.

83%
would be interested in learning how they might be able to play a role in helping someone who may be suicidal.

These statistics can be daunting, however, there is hope. If you or someone you love is having thoughts of suicide or mental distress, call or text 988, or chat online at [988lifeline.org](https://www.988lifeline.org). Communications are confidential, and a trained counselor can connect you to resources.

Since the July 2022 launch, 988 has received and routed about **8.1 MILLION** calls, chats, and texts. Data can be found at: www.samhsa.gov/find-help/988/performance-metrics.

PREVENTION

Suicide prevention is a collection of efforts to reduce factors that increase risk of suicide and increase factors that promote resilience. It requires a combination of efforts that work together to address different aspects of the problem for youth and young adults. Suicide is rarely caused by a single circumstance or event. Instead, a range of factors—at the individual, relationship, community, and societal levels—can increase risk. To help understand how to prevent suicide for students, it's important to look at warning signs, risk factors, and protective factors.

SUICIDE WARNING SIGNS

TALK

If a person talks about:

- Being a burden to others
- Feeling trapped
- Experiencing unbearable pain
- Having no reason to live
- Killing themselves



MOOD

People who are considering suicide often display one or more of the following moods:

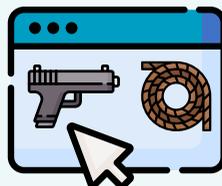
- Depression
- Loss of interest
- Rage
- Irritability
- Humiliation
- Anxiety



BEHAVIOR

Specific behavior to look for include:

- Increased use of alcohol or drugs
- Looking for a way to kill themselves, such as:
 - Searching online for materials or means
 - Acting recklessly
 - Withdrawing from activities
- Isolating from family and friends
- Sleeping too much or too little
- Visiting or calling people to say goodbye
- Giving away prized possessions
- Aggression
- Dramatic change in mood



PROTECTIVE AND RISK FACTORS

Risk factors are situations or problems that can increase the possibility that a person will attempt suicide. Protective factors, similar to risk factors, are a range of factors that can protect people from suicide. We can take action in communities and as a society to support people and help protect them from suicidal thoughts and behavior.

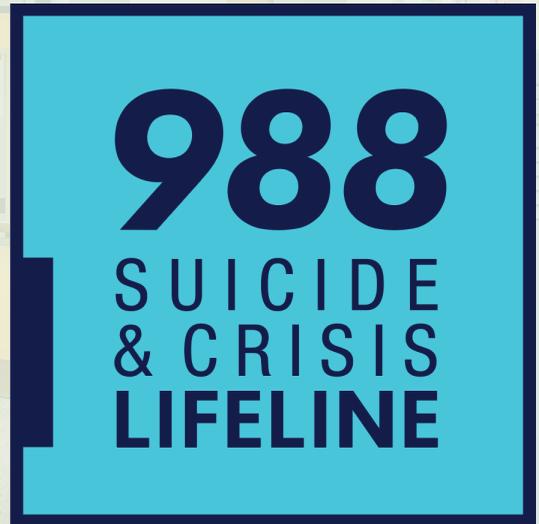


CATEGORY	PROTECTIVE FACTORS	RISK FACTORS
Individual	<ul style="list-style-type: none"> • Reasons for living (e.g., family, friends, pets) • Effective coping & problem-solving skills • Strong cultural identity 	<ul style="list-style-type: none"> • Previous suicide attempt • History of depression and other mental illnesses • Serious illness such as chronic pain • Criminal/legal problems • Job/financial problems or loss • Impulsive or aggressive tendencies • Substance use • Current or prior history of adverse childhood experiences • Sense of hopelessness • Violence victimization and/or perpetration
Relationship	<ul style="list-style-type: none"> • Support from partners, friends, and family • Feeling connected to others • Feeling connected to school, community, and other social institutions • Availability of high-quality and consistent behavioral healthcare 	<ul style="list-style-type: none"> • Bullying • Family/loved one's history of suicide • Loss of relationships • High conflict or violent relationships • Social isolation • Lack of access to healthcare • Suicide cluster in the community • Stress of acculturation • Community violence • Historical trauma • Discrimination
Societal	<ul style="list-style-type: none"> • Reduced access to lethal means • Cultural, religious, or moral objections to suicide 	<ul style="list-style-type: none"> • Stigma associated with help-seeking and mental illness • Easy access to lethal means of suicide among people at risk • Unsafe media portrayals of suicide

988 FOR SCHOOLS

WHAT IS 988?

One of the most widely available suicide prevention and mental health resources is the 988 Suicide & Crisis Lifeline. 988 is a 3-digit phone number available 24/7 that offers free and confidential access to compassionate care and support for anyone, including students experiencing a mental health, suicide, or substance use crisis.



WHO IS 988 FOR?

STUDENTS	SCHOOL PERSONNEL
FRIENDS & FAMILY	ANYONE

WHEN TO REACH OUT

Whether you're in distress or just want to talk about something on your mind, call or text 988 or chat at 988lifeline.org. If you are worried about a student, reach out to 988 and a trained crisis specialist will help walk you through navigating the situation.

For free, confidential support, reach out to 988. Whether you call, text, or chat, we want you to reach out in whatever way is most comfortable for you. We are here to help.

WHAT CAN SCHOOLS DO?

School personnel are in a prime position to help students who may be in crisis or need support. Schools can promote connection to 988 in a variety of ways.

- Learn more about 988 by visiting dmh.ms.gov.
- Educate your school community on 988.
- Ensure students know how to get connected.
- Order a physical 988 toolkit, put up 988 posters, and utilize other 988 materials throughout your school campus.
- Download 988 graphics from the 988 virtual toolkit to share on school social media accounts.
[988 Logo and Branding | SAMHSA](#)
- Add 988 as a resource on school newsletters, resource listings, manuals, policy, etc.
- Add 988 on student badges/IDs.
- Use the [Preventing Suicide: A Toolkit for High Schools](#) and or other resources to enhance prevention efforts at your school.

988: HOW IT WORKS!

988
SUICIDE
& CRISIS
LIFELINE

The 988 Lifeline responds 24/7 to **CALLS, CHATS, OR TEXTS** from anyone who needs support for suicidal, mental health, and/or substance use crisis, and connects those in need with trained crisis counselors. There are many reasons that people connect with the 988 Lifeline. Some examples in addition to thoughts of suicide are feeling overwhelmed with anxiety, sexual orientation worries, drinking too much, drug use, feeling depressed, mental and physical illness, loneliness, trauma, relationships, and economic worries.

CALLS

When someone calls 988, they first hear a greeting message. You are given choices of who to connect with in the greeting; the 988 Lifeline has specially trained counselors for Veterans (through the Veterans Crisis Line, operated by the Veteran's Administration), Spanish speakers and LGBTQI+ youth and young adults. Your call is then routed to one of the national networks or a local 988 Lifeline network crisis center based on your selections and then based on your phone's general location.

A trained crisis counselor answers the phone, listens to you, works to understand how your problem is affecting you, provides support, and shares resources, if needed. If your local crisis center is unable to take your call, you are automatically routed to a national backup crisis center. All these services are available in English and Spanish. The 988 Lifeline uses Language Line Solutions to provide translation to callers in more than 240

CHATS

Chat is available in both English and Spanish through the Lifeline's website at 988lifeline.org/chat and linea988.org/chat. People seeking chat services are provided with a pre-chat survey before connecting with a counselor, who identifies the main area of concern. If there is a wait to chat with a crisis counselor, a wait-time message will appear. If demand is high, people are encouraged to look at the 988 Lifeline's "helpful resources" while waiting. Once you are connected, a crisis counselor listens to you, works to understand how your problem is affecting you, provides support, and shares resources that may be helpful. Chat service is currently expanding so that an increasing number of chats are routing to local 988 Lifeline network crisis centers based on the information that you choose to supply in the pre-chat survey.

TEXTS

When someone texts 988, a trained counselor listens to you, works to understand how your problem is affecting you, provides support, and shares resources that may be helpful. Texting is available in both English and Spanish. By texting "pride" to 988, you will be directly connected with an LGBTQI+ trained counselor. Text service is currently expanding so that an increasing number of texts are routing to local 988 Lifeline network crisis centers based on a texter's area code. When texting 988 in Spanish, you will be asked to type "Ayuda" to connect with a Spanish-speaking counselor. Veterans and service members who text 988 will be redirected to text 838255 to reach the Veterans Crisis Line, which is managed by the Veterans Administration.

WHERE CAN I FIND 988 PROMOTIONAL MATERIALS?

The 988 Store simplifies the experience for our partners who order and use print materials. Partners can order multiple packages of our print materials from the 988 Store. If those amounts do not meet your needs, you can send an email to the Government Publishing Office 988 team at 988SAMHSA@gpo.gov.

Link to order: <https://orders.gpo.gov/SAMHSA988/Pubs.aspx>

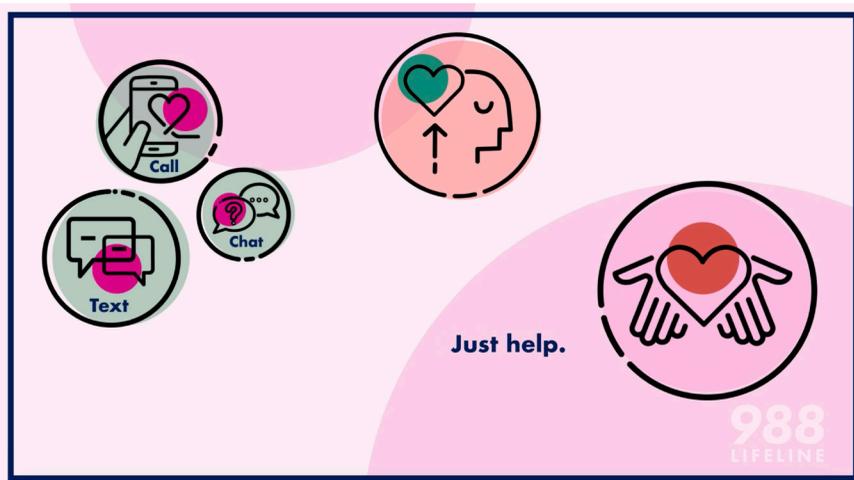
VIDEOS



Changes in behavior. Hopelessness about the future. Feeling trapped. Any of these signs can be a warning that a young person is struggling. The #988Lifeline is available 24/7/365. No judgment. Just caring help. If you or someone you know needs support now, call or text 988 or chat 988lifeline.org

Share this video to help people learn the warning signs of suicide in youth.

Warning Signs Video



America is experiencing a #mentalhealth crisis – but there is hope. With thousands of daily connections, see the impact the #988Lifeline has had on mental health. When we connect, we heal. If you or someone you know needs support now, call or text 988 or chat.

988lifeline.org

Watch 988 Impact Video





MENTAL HEALTH IN MISSISSIPPI

MISSISSIPPI'S MENTAL HEALTH SERVICE DELIVERY SYSTEM IS COMPRISED OF THREE MAJOR COMPONENTS:

State-operated programs and community service programs

Regional community mental health centers

Other nonprofit/profit service agencies/organizations

As a district and school, build a relationship with the mental health resources near you.

Look for opportunities to partner on programming and information sharing.

Help students know that help is available and where they can find it.

COMMUNITY MENTAL HEALTH CENTERS (CMHCs)

A system of local Community Mental Health Centers provide sliding-scale community-based mental health outpatient and crisis services to Mississippians. “Community-based” means that, when appropriate, patients can receive services while still attending school or maintaining a job.

Mississippi is divided into regions, and every county in the state exists within a CMHC’s region.

You can find your CMHC region on dmh.ms.gov.

INTERVENTION AND CRISIS RESPONSE

Intervention and crisis response services are designed to interrupt and/or reduce the severity of a mental health, suicide, or substance use crisis. The goal of intervention and crisis response services is symptom reduction, stabilization, and restoration to a previous level of functioning. This can be provided in any setting, including schools. Intervention and crisis response practices for youth should aim to make every effort to help them stay in their current living environment, with family or other natural supports actively participating in the young person's care and stabilization.

A crisis continuum involves four core elements:

Someone to talk to, someone to respond, somewhere to go, and someone to follow up

CRISIS CONTINUUM OF CARE IN MISSISSIPPI

PERSON IN CRISIS

CONTINUUM OF CARE

Someone To Talk To

988

Someone To Respond

Mobile Crisis Response Teams
Crisis Intervention Teams

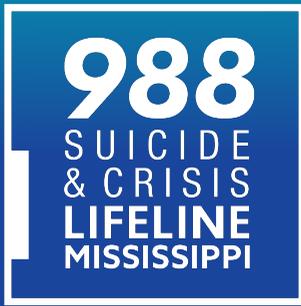
Somewhere To Go

Diversion Centers/ Peer Respite
Crisis Stabilization Units
Acute Psychiatric Hospitals

Someone To Follow Up

CMHCs and Peer Support





NEED HELP NOW?

CALL, TEXT, OR CHAT 988

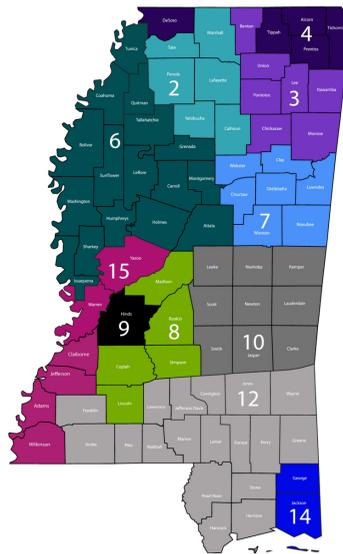
If you are thinking about suicide, are experiencing a mental health or substance use crisis, or are worried about a student, friend, or loved one, reach out to the **988 Suicide & Crisis Lifeline** for free and confidential support by calling or texting **988**, or chatting at **988lifeline.org/chat**.

If you or someone you know is needing crisis assistance at school or in the community, you can access **Mobile Crisis Response Teams** by first contacting 988 and connecting with a crisis specialist. Mobile Crisis Response Teams provide guidance and support to adults and children who are experiencing a mental health crisis.

Teams are available in all 82 counties and can be assessed by calling the toll free numbers listed below or 988.

These teams work closely with law enforcement including officers trained as a part of the Certified Intervention Teams, CIT Trained officers. Officers who have received crisis intervention training respond to individuals experiencing a mental health crisis and divert them to an appropriate setting to provide treatment, ensuring individuals are not arrested and taken to jail due to the symptoms of their illness. CITs are a nationally-recognized best practice, and officers who have received CIT training have been recognized as having the understanding and skills needed to resolve crisis situations.

MOBILE CRISIS RESPONSE TEAMS



REGION 2: 866-837-7521
REGION 3: 866-255-9986
REGION 4: 888-287-4443
REGION 6: 866-453-6216
REGION 7: 866-866-6505
REGION 8: 877-657-4098
REGION 9: 601-955-6381
REGION 10: 601-955-6381
REGION 12 (NORTH TEAM): 888-330-7772 COVINGTON, FORREST, GREENE, JEFF DAVIS, JONES, LAMAR, MARION, PEARL RIVER, PERRY, WAYNE
REGION 12 (WEST TEAM): 877-353-8689 AMITE, FRANKLIN, LAWRENCE, PIKE, WALTHALL
REGION 12 (COAST TEAM): 800-681-0798 HANCOCK, HARRISON, STONE
REGION 14: 866-497-0690
REGION 15: 888-558-2077

CRISIS STABILIZATION FOR CHILDREN AND YOUTH

RUTH WILSON CHILDREN AND YOUTH CRISIS STABILIZATION UNIT

Region 9/Hinds Behavioral Health Services
Ages 11-17 years

Rankin County

Phone: 769-243-6191

VIEW MORE INFORMATION ABOUT CHILDREN AND YOUTH RESOURCES OR SERVICES HERE

PERMANENCY ASSESSMENT CENTER

Methodist Children's Homes

805 North Flag Chapel Road Jackson, MS 39209

Phone: 601-853-5000 Fax: 601-853-5010

The Permanency Assessment Center provides crisis stabilization services for children and youth for up to 60 days. During this time, each child receives a full bio-psycho-social evaluation in order to assess the best placement that will help them achieve permanency.

Population(s) Served: Adolescents, Preteens, At-risk youth, Victims of crime and abuse

IMPROVING THE MENTAL HEALTH OF MISSISSIPPI'S CHILDREN & YOUTH MANUAL

As a result of legislation, the Mississippi Department of Mental Health and the Mississippi Department of Education, have developed Improving the Mental Health of Mississippi's Children as a resource to help school districts comply with three components of the legislation.

Those include:

The Mississippi Department of Mental Health (DMH) developed a standardized Memorandum of Understanding (MOU) to be utilized by DMH certified providers and mental health facilities in providing mental health services to local school districts. The MOU includes standardized screening and referral protocols, procedures, and forms to be utilized by the local school districts. DMH provided online training for appropriate school personnel to conduct initial behavioral health screening of students experiencing or exhibiting behavioral stress or at risk of harming themselves or others.

The Mississippi Department of Education (MDE) established three pilot sites in six school districts utilizing an evidence-based curriculum to provide students in K-5 with skills to manage stress and anxiety. The Mississippi Department of Mental Health was responsible for the development and/or selection of the content of the training. The results of the program are being measured and reported, and such results shall be used in consideration of statewide implementation.

The comprehensive local school district safety plans, required a refresher training on mental health and suicide prevention for all school employees and personnel. DMH was responsible for the development and/or selection of the training. Districts shall report completion of the training to the Mississippi Department of Education.

Improving the Mental Health of Mississippi's Children & Youth



[View the full manual & trainings here.](#)



MISSISSIPPI DEPARTMENT OF EDUCATION

Mental health is an important part of overall health and helps us grow, flourish, and build resilience. In order to foster a school climate and culture where students, and those who serve them, thrive, mental health must be prioritized.

It is the goal of the Mississippi Department of Education to support schools across the state in creating healthy learning environments. This page serves as a resource for improving mental health and well-being of stakeholders in the state.

For more information about resources and MDE policy, visit <https://www.mdek12.org/ESE/Mental-Health>.



MISSISSIPPI
DEPARTMENT OF
EDUCATION



PROGRAMS AND TRAININGS

NAME	DESCRIPTION	AUDIENCE	LINK
Signs of Suicide (SOS)	SOS, is an evidence-based youth suicide prevention program that has demonstrated an improvement in students' knowledge and adaptive attitudes about suicide risk and depression.	Grades 6-12	mindwise.org/sos-signs-of-suicide/
Question, Persuade, Refer (QPR) Gatekeeper Training	Students trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.	Students in middle school and up Adults serving youth	qprinstitute.com
Youth Mental Health First Aid	Youth Mental Health First Aid is a skills-based training that teaches youth-serving individuals to identify, understand and respond to an adolescent (ages 12-18) who may be experiencing a mental health or substance use challenge.	Individuals serving youth	mentalhealthfirstaid.org  For more information, contact Mariesha Eason at Mariesha.eason@dmh.ms.gov or 601-359-1288
Hope Squad	Hope Squad 1 is a peer-to-peer suicide prevention program. Hope Squad members are nominated by their classmates as trustworthy peers and trained by advisors.	Elementary, middle, and high school students	hopesquad.com
Open Up MS	Open Up Mississippi is a statewide youth lead advisory council. The mission is to engage youth and young adults as they break down barriers to gain mental wellness and utilize their strengths and voice against the stigma of mental health	High School students and Young Adults	openupms.org
Shatter the Silence	Shatter the Silence: Suicide–The Secret You Shouldn't Keep (STS) is a suicide prevention awareness campaign offered by the Mississippi Department of Mental Health. The campaign includes a no cost 45-60-minute presentation that teaches audiences general mental health awareness, understanding of risk factors and warning signs associated with suicidal ideation, and resources to help someone who is thinking about suicide.	Youth and Teens	If you are interested in receiving this presentation, contact Ja'Quila Newsome , Director of Suicide Prevention, at (601) 359-6252 or Jaquila.Newsome@dmh.ms.gov .



The Alliance Project is funded by subaward to Mississippi State University from the Mississippi Department of Mental Health as part of their larger SAMHSA suicide prevention grant.

..... **WHAT DOES ALLIANCE OFFER? (ALL FREE)**

Suicide Prevention Trainings: The Alliance Project Model

Identifying distress, making a connection, building rapport, sharing resources and information, and appropriate follow up. Interactive to practice skills!

Postvention Trainings

Who should be on your crisis response team when a death occurs, what role does each member play, how to manage outside influences, memorializing students, and building a supportive environment.

Response Services

Response to communities when a death by suicide has occurred of a youth (up to 18 years of age). Licensed clinician can assist with postvention services, support the crisis response team, and assist with identified needs.

..... **WHO CAN ACCESS THE PROJECT?**

Anyone within the state of Mississippi!

- Educators – School communities, Parent-Teacher Associations
- Administration staff within communities
- Faith based organizations
- Youth specific organizations
- Anyone wanting to become more comfortable helping individuals in distress

Please feel free to distribute this information to anyone throughout Mississippi. For more information about services offered by The Alliance Project please contact the Licensed Training & Response Clinician for more details:

Rachel-Clair Franklin, LPC-S, BC-TMH, CHES

662-325-8127 or 662-325-0621 • rfranklin@psychology.msstate.edu



POSTVENTION & STEPS FOR YOUR SCHOOL:

FORMING A SCHOOL CRISIS TEAM.

HAVING DEATH NOTIFICATION
TEMPLATES ON HAND.

IDENTIFYING AND ENGAGING WITH COMMUNITY
PARTNERS TO ASSIST WITH STUDENT NEEDS.

CREATING A PLAN FOR REFERRING
STUDENTS TO MENTAL HEALTH SERVICES.

How a school responds to a suicide can prevent suicide contagion.

Schools should be prepared to support the emotional needs of the students affected by the suicide by taking immediate action to respond as well as their long-term effects and risks that may be associated with the incident.

According to the national **Survivors of Suicide Loss Task Force**, postvention is an organized response in the aftermath of a suicide to accomplish any one or more of the following:

- To facilitate the healing of individuals from the grief and distress of suicide loss.
- To mitigate other negative effects of exposure to suicide.
- To prevent suicide among people who are at high risk after exposure to suicide.

Any death can have a profound effect on young people, especially the unexpected death of a peer. When someone dies by suicide, the impact can be profound for friends, family, loved ones, and others close to the individual. This impact can present as grief, guilt, and the concerning phenomenon known as suicide contagion, a relatively rare but real occurrence whereby one suicide death influences another. When the suicide survivor is a school-aged youth, these mental health impacts can be more difficult to overcome as children and youth have brains that are still developing, and they often have limited coping skills. Addressing the mental health needs of students following the death of a school peer by suicide reduces the incidence of suicide contagion and long-term mental health struggles.

In addition to the impact a suicide can have on the survivors, it can also leave schools faced with distressed parents and community members, media attention, and communication from others seeking information about what happened and why. In these instances, it is important that schools have an active model for postvention in place to be able to provide immediate support and necessary referrals to services in a timely manner. It is also crucial to have a pragmatic plan for communicating with the public on necessary information regarding the incident.

Protecting the health and well-being of students is of the utmost importance to schools. Well-implemented postvention protocols will enable school personnel to respond in the immediate aftermath of a suicide death of a student in an organized and effective manner. The most effective response to a school community suicide will be one in which steps are taken in advance to prepare.



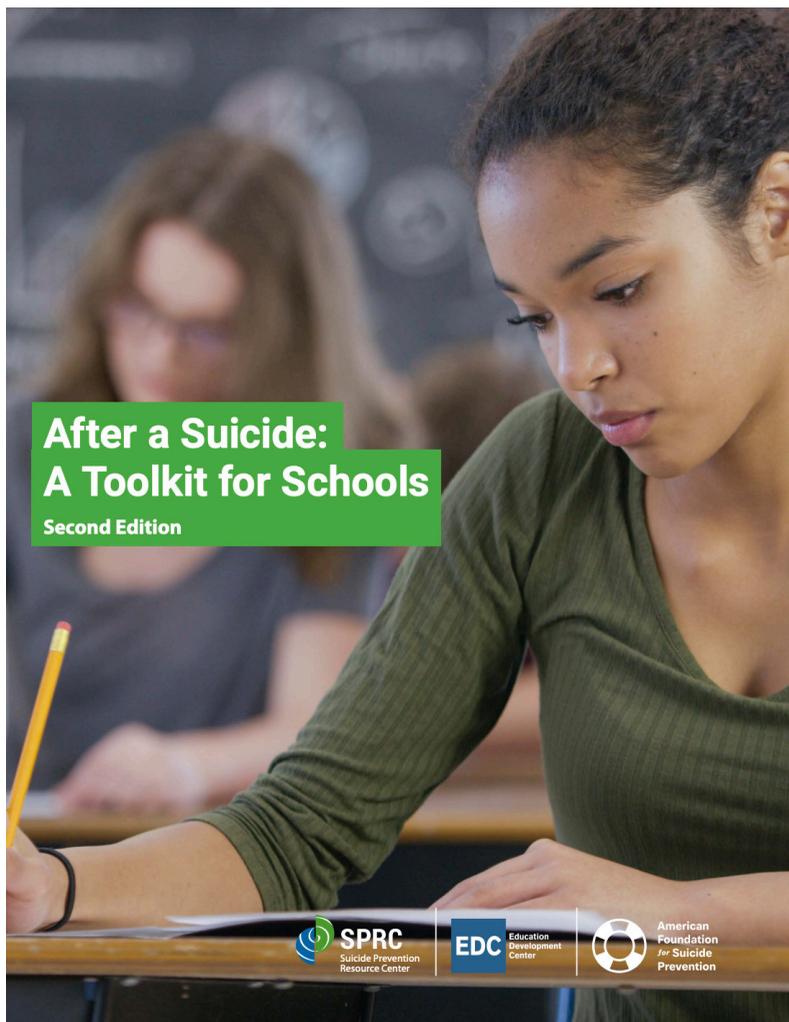
AFTER A SUICIDE: A TOOLKIT FOR SCHOOLS

The American Foundation for Suicide Prevention developed this toolkit in consultation with national experts, including school-based administrators and staff, clinicians, researchers, and crisis response professionals.

After a Suicide: A Toolkit for Schools offers materials, templates, and step-by-step instructions all in one location. It is an essential tool for crisis teams and school administrators to design and execute suitable postvention activities to comfort bereaved staff and students, foster communication, identify at-risk individuals, and more.

[View the full toolkit here.](#)

The AFSP toolkits are all available at <https://sprc.org/online-library/>.



RESOURCES

These resources fall into two broad categories: programs and policies.

Programs are classes, content, and materials that can be used by anyone experiencing a mental health crisis.

Proper Policies can prevent problems and allow teachers, administrators, and students to respond with confidence if a mental health crisis does arise.



MISSISSIPPI DEPARTMENT OF MENTAL HEALTH

The Mississippi Department of Mental Health is committed to making available a comprehensive system of services and supports so all Mississippians have access to the least restrictive and most appropriate level of services and supports that will meet their needs. [dmh.ms.gov](https://www.dmh.ms.gov).

DMH HELPLINE

For more information about services or if you or a loved one needs help, call the DMH Helpline at 1-877-210-8513. Staff are available around the clock.

<https://www.dmh.ms.gov/help/>



MISSISSIPPI
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MISSISSIPPI DEPARTMENT OF EDUCATION

The Mississippi Department of Education (MDE) provides resources and technical support to Mississippi's public school system. The agency's website includes a Mental Health section, with forms for prevention training, informative presentations, sample policies on bullying and suicide prevention, and mental health procedures. It also contains information on the Mississippi School Safety Act of 2019. <https://www.mdek12.org/ESE/Mental-Health>



SHATTER THE SILENCE: SUICIDE—THE SECRET YOU SHOULDN'T KEEP (STS)

Shatter the Silence is a suicide prevention training that educates about mental health, stigma related to mental illness, resources to help someone who has a mental illness, warning signs for suicide, what to and not to do when someone has thoughts of suicide, and where to go for help, or information.

The training is available at no cost and has several versions, including youth, adult, older adult, military, correctional officers, faith-based, law enforcement and first responders <https://www.dmh.ms.gov/news/shatter-the-silence/>

Shatter The Silence has an app where you'll find tips on how to recognize risk factors for suicide, and resources for what you should do. Download free from the Apple or Android app store.



MENTALHEALTHMS.COM

MentalHealthMS.com is a one-stop information hub developed specifically for Mississippians looking to learn more about mental health services throughout the state specifically for individuals in crisis. To find services in your area, click on your county or enter a keyword in the search bar. Please contact the provider directly regarding the availability of services. <https://mentalhealthms.com/find-services/>

MentalHealthMS.com has an app where you can search for mental health resources available in your area, including those for crisis situations. Download free from the Apple or Android app store.



988 SUICIDE AND CRISIS LIFELINE

The 988 Suicide and Crisis Lifeline is a national network of more than 200 crisis centers that helps thousands of people overcome crisis situations every day. These centers are supported by local and state sources and the Department of Health and Human Services’ Substance Abuse and Mental Health Services Administration.

The 988 Lifeline provides 24/7, confidential support to people in suicidal crisis or mental health-related distress. By calling or texting 988, you’ll connect to mental health professionals with the Lifeline network.

<https://988lifeline.org/>

988 TOOLKIT MATERIALS

The 988 program has social media, video, print, radio, FAQs, messaging, and other marketing materials available for free.

<https://www.samhsa.gov/resource-search/988>

MENTAL HEALTH MATTERS. “I GOT YOU!” HEALTHY LIFE CHOICES FOR TEENS

“I Got You!” is a program developed by DMH to educate teens on how to cope with topics such as mental health, suicide prevention, domestic violence, alcohol, and drug usage. The program also educates teens about the importance of seeking help through available resources.

For more information or to request a training contact Frankie Johnson at fjohnson@emsh.ms.gov.

PURPLE STAR SCHOOL PROGRAM

The Purple Star School program is designed to help schools respond to the educational and social-emotional challenges military-connected children face during their transition to a new school and keep them on track to be college, workforce, and life-ready. For more information, [click here](#).

OPEN UP MISSISSIPPI

Open UP Mississippi is a statewide youth lead advisory council. Our mission is to engage youth and young adults as they break down barriers to gain mental wellness and utilize their strengths and voice against the stigma of mental health.

For more information, visit <https://openupms.org/>





While most suicide prevention programs in schools are focused on teens, suicide rates have been rising among younger students.

Elementary and middle schools can play a key role in prevention, say experts.

Best practice is to train all school staff in suicide prevention because students may not necessarily go to a teacher if they are struggling. The signs of suicide in that age group may appear as behavioral issues or physical complaints, so it is important that staff know what to look out for. More broadly, experts recommend all adults get more comfortable talking about suicide and mental health to help make it more comfortable for kids.

PROGRAMS FOR ELEMENTARY SCHOOLS

Universal programming is recommended for elementary school settings as upstream prevention efforts include awareness and education that integrates Social Emotional Learning (SEL) into the curriculum and emphasizes strengthening protective factors and fostering connectedness with others.

MENTAL WELLBEING

SEL is a systemic framework that can be integrated across classrooms. SEL is the process through which young people acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions.

[View SEL Resource Guide](#)

THE GOOD BEHAVIOR GAME

The Good Behavior Game is a classroom management strategy that promotes positive behavior and has shown positive long-term impacts for students. For more information visit <https://goodbehaviorgame.air.org>.

GIZMO'S PAWESOME GUIDE TO MENTAL HEALTH

A guide that strives to help youth, trusted adults, and the settings in which they live support their mental health and SEL and create a greater sense of individual and community connectedness thereby reducing their risk of negative mental health outcomes such as suicide.

For more information visit: <https://www.gizmo4mentalhealth.org/>

PROGRAMS FOR MIDDLE & HIGH SCHOOL EDUCATORS

PREVENTING SUICIDE: THE ROLE OF HIGH SCHOOL TEACHERS

This sheet, from the Suicide Prevention Resource Center, is designed for high school teachers. It includes information on recognizing and responding to suicide warning signs, suicide prevention resources, and other information to help prevent suicide among students.

<https://sprc.org/online-library/preventing-suicide-the-role-of-high-school-teachers/>

PREVENTING SUICIDE: THE ROLE OF HIGH SCHOOL MENTAL HEALTH PROVIDERS

This sheet, from the Suicide Prevention Resource Center, is designed for mental health providers in high schools. It includes information on recognizing and responding to suicide warning signs, resources about suicide prevention, and other information to help prevent suicide among students.

<https://sprc.org/online-library/preventing-suicide-the-role-of-high-school-mental-health-providers/>

THE PREVENTING SUICIDE: A TOOLKIT FOR HIGH SCHOOLS

Was developed to help high schools, school districts, and their partners design and implement strategies to prevent suicide and promote behavioral health among their students. This resource has information on building a district-wide prevention policy and convening a school crisis team. For more information visit [Preventing Suicide: The Role of High School Mental Health Providers – Suicide Prevention Resource Center \(sprc.org\)](#)

RESOURCES FOR ALL AGES

AMERICAN FOUNDATION FOR SUICIDE PREVENTION (AFSP) MODEL POLICY

This policy is a national resource for schools that provides a plan for school districts to implement suicide prevention policies. This resource supplements information provided throughout the DESE Model Policy.

RECOMMENDATIONS FOR REPORTING ON SUICIDE

Was developed by experts in suicide prevention based on more than 50 international studies on suicide contagion. Responsible reporting can reduce the risk of additional suicides.

YOUTH SUICIDE PREVENTION AND INTERVENTION, BEST PRACTICES & POLICY IMPLICATIONS

Provides a review of suicide prevention research and practices as it relates to youth suicide. It is formatted so that individuals could pick a topic and quickly understand what subject matter experts deem to be the most pressing issues with perspective on how to meaningfully advance youth suicide prevention efforts.

THE TREVOR PROJECT

Is a non-profit organization focused on suicide prevention efforts for lesbian, gay, bisexual, transgender, queer, and questioning youth.

THE JED FOUNDATION

Is a nonprofit that protects emotional health and prevents suicide among teens and young adults. Their resource center offers tools for both individuals in crisis/emergency situations as well as those looking to support others.

PROGRAMS FOR HIGHER EDUCATION

Approximately 75% of all mental health conditions appear and are established by age 24, so colleges are uniquely situated to help these young people. Suicide prevention efforts for college students should focus on the unique experiences and needs of this population. The best way to prevent suicide in college-aged individuals is to use a comprehensive approach that promotes social networks and connectedness, improves access to mental health services on and off campus, identifies and assists students who may be at risk for suicide, and is prepared to respond when a suicide death occurs.



PARTNERS IN PREVENTION

Information on how to implement a comprehensive approach to suicide prevention on college campuses.

<https://www.mopip.org/topics/suicide.html>



MENTAL HEALTH FIRST AID (MHFA)

Teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. This training – which focuses on the unique experiences and needs of college students – gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

[Learn more](#)



ACTIVE MINDS

A non-profit organization dedicated to promoting mental health among young adults via peer-to-peer dialogue and interaction. Active Minds facilitates awareness campaigns, events, advocacy, outreach, and more.

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



POSTVENTION GUIDE FOR RESPONSES TO SUICIDE ON COLLEGE CAMPUSES

Developed by The Higher Education Mental Health Alliance (HEMHA). This guide covers the actions to take following a suicide, how to develop and implement a sensitive response plan, and steps to limit the risk of future suicides.

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST TRAINING)

LivingWorks ASIST is a two-day in-person workshop featuring powerful audiovisuals, discussions, and simulations. At a LivingWorks ASIST workshop, you'll learn how to recognize when someone may be thinking about suicide, and how to provide a skilled intervention and develop a safety plan with the person to connect them to further support.

988 ON UNIVERSITY IDS

During the 2024 Legislative session SB2408 was passed into law requiring all on-campus faculty, staff and students attending any state institution to be issued an identification badge which includes 988 crisis lifeline contact information.

[Learn more](#)

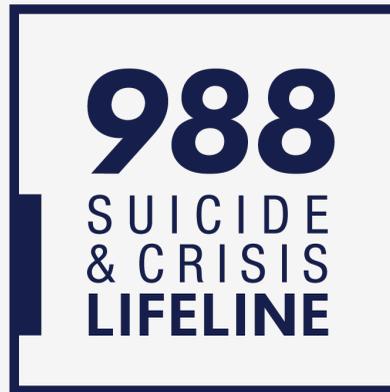
QUICK CONTACTS



www.dmh.ms.gov

DMH Helpline 1-877-210-8513

988lifeline.org



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