

SPOKANE COUNTY

Suicide Prevention Resources

EMERGENCY
NUMBERS
on back cover



There is support for suicide prevention and people who have lost a loved one to suicide in Spokane County. Help is immediate for all situations. **Please call any of these agencies if you or someone you know needs help or is considering suicide.**



www.srhd.org

About the

Spokane County Suicide Prevention Coalition

We strive to create awareness, provide prevention education and training, and encourage responsible reporting of suicide – concentrating on gatekeeper training, creating connections, and hosting community events. The coalition is comprised of concerned citizens, public and mental health professionals, health care professionals, and survivors of suicide. Meetings are held quarterly at the Spokane Regional Health District and are open to the public. Call 324-1530 for more information.

About Spokane Regional Health District's Suicide Prevention Program

We are working to decrease suicide attempts and death by suicide in Spokane County by:

- ◆ Increasing awareness around the issue of suicide
- ◆ Identifying and training gatekeepers to recognize the warning signs and increase comfort level in intervening with a person at risk of suicide (see p.7 for ASIST and QPR training programs)
- ◆ Coordinating community efforts through the Suicide Prevention Coalition
- ◆ Providing resources to Spokane County residents

For more information visit www.srhd.org/topics/suicide.asp

Don't have health care coverage?

www.community-minded.org/hfa/
(509) 444-3066 | Toll Free: 1-866-444-3066



LEARN MORE:

National Institute for Mental Health

www.nimh.nih.gov

Substance Abuse and Mental Health Services Administration

www.samhsa.gov

Suicide Prevention Resource Center

www.sprc.org

Surgeon General's Call to Action to Prevent Suicide

www.surgeongeneral.gov/library/calltoaction/default.htm

Suicide is the most preventable cause of death

Suicide takes the lives of more than one person each week in Spokane County. Although suicide is often discussed in terms of youth and young adults, rates of suicide are also high among middle age and older adults.

KNOW THE WARNING SIGNS

Signs needing immediate attention:

- ◆ Threatening to or talking about hurting or killing themselves
- ◆ Seeking access to firearms, available pills, or other means of suicide
- ◆ Talking or writing about death, dying or suicide, when these actions are out of the ordinary

Additional warning signs:

- ◆ Increased substance (alcohol or drug) use
- ◆ No reason for living; no sense of purpose in life
- ◆ Anxiety, agitation, unable to sleep or sleeping all the time
- ◆ Feeling trapped - like there's no way out
- ◆ Hopelessness
- ◆ Withdrawal from friends, family, and society
- ◆ Rage, uncontrolled anger, seeking revenge
- ◆ Acting reckless or engaging in risky activities, seemingly without thinking
- ◆ Dramatic mood changes

What to do if a friend or family member displays the warning signs:

- ◆ Take it seriously.
- ◆ Ask the question “Are you thinking about suicide?” This will show the person that you are concerned about them. You will open communication and allow the person to express their thoughts freely.
- ◆ Listen intently to their reasons for wanting to die and listen for reasons that they have to live (you may have to help them recognize these).
- ◆ Persuade them to seek help from a qualified professional or call 1-800-273-TALK (8255) for help.
- ◆ **If he or she has expressed an immediate plan**, or has access to a gun or other potentially deadly means, do not leave him or her alone. Get help immediately (emergency contacts are on the back).

TREATMENT WORKS!

Clinical depression can be treated successfully in at least 80% of all cases. Self-management is key to overcoming depression. Doctors can help to recognize it, but patients have to be educated and understand depression and have support to change behaviors.

COUNSELING and TREATMENT

Elder Services • Spokane Mental Health

M. Hatcher – (509) 458-7450 | mhatcher@smhca.org

5125 North Market, Spokane, WA, 99217

Information and assistance is provided to seniors as well as case management for frail, isolated, or at-risk elders.

Frontier Behavioral Health - Family Service Spokane

(509) 838-4128

7 South Howard - Suite 321, Spokane, WA 99201

151 South Washington, Spokane, WA 99201

112 North University - Suite 100, Spokane Valley, WA 99206

Counselors are trained in suicide prevention. Ongoing mental health counseling for families, groups, individuals, and marriages is offered. Open to all ages. All insurances and some medical coupons accepted. Clients need to have insurance and medical coupons available when scheduling appointment. Call to make an appointment, no walk-ins.

Frontier Behavioral Health - Spokane Mental Health

(509) 838-4651

107 South Division, Spokane, WA 99202

Outpatient mental health and psychiatric services are available to all ages. A comprehensive intake assessment for new clients is provided, which includes a suicide risk assessment. Suicide risk is assessed on an ongoing basis and services are provided as appropriate. Follow-up services are provided. Walk in or call to schedule an appointment.

Inland Psychiatry & Psychology

(509) 458-5889 | inlandpspsychiatry@gmail.com, www.inlandpsychiatry.com

906 West Second Ave., Suite 600, Spokane, WA 99201

A collaborative practice of psychiatrists and therapists who are highly trained to help with life's challenges. We work with children, adolescents, adults, couples, and families. Staff is highly skilled and trained in the latest treatment methods.

Lutheran Community Service

Sexual assault, domestic violence and trauma counseling: (509) 747-8224

Sexual assault/crime victim advocacy 24 hour crisis line: 624-7273

210 West Sprague Ave., Spokane, WA 99201 | www.lcsnw.org

Certified sexual assault center. Support groups, therapy groups, and individual counseling. Accepts many private insurances, medicaid funded (title 19), grants for survivors or sexual assault with no ability to pay, and crime victims' compensation program (WA State). Call for more information.

Debi Price M.S., LMHC

(509) 744-0778, Ext. #5

905 West Riverside Ave. - Suite 501, Spokane, WA 99201

Crisis care and grief/bereavement in a compassionate environment and EMDR therapy are offered. Appointments are available within 48 hours if needed. Sliding scale if need is determined; preferred provider for major insurances.

St. Joseph Family Center

(509) 483-6495

1016 North Superior St., Spokane, WA 99202

Suicide-related counseling services are provided for children, teens, adults, couples, and families. Treatment is provided as appropriate. Clients can access services by referral, walk-in, or call to schedule an appointment. Sliding scale based on household income.

Survivor Support Services

Rich Paulsen, B.S., M.B.A, M.Ed., – (509) 484-4021

9507 North Division St.- Suite G, Holland Building, Spokane, WA 99218

Affordable mental health and crisis counseling is available for co-dependency, depression, co-addiction, trauma, pornography, communication, emotional abuse, adults with childhood abuse, relationships, marriage, premarital, and Christian guidance for individuals, couples, and families. Open to all ages. Appointments are available within 72 hours. Follow-up services are provided for crisis services as required. Hourly fee—\$65.

Veteran’s Affairs Medical Center

Kurt Rossbach – (509) 434-7288 | kurt.rossbach@va.gov

4815 North Assembly, Spokane, WA 99205

A voluntary in-patient program and risk management are provided. Trained in QPR (Question, Persuade, Refer). Provides outpatient, psychiatric and counseling services to veterans. Walk-ins welcome.

AGE OF CONSENT: Age of consent for mental health treatment in Washington State is age 13. This means that youth 13 and older have the right to make their own medical decisions and can request or refuse treatment.



SUPPORT SERVICES

Aging and Long Term Care

(509) 458-2509

1222 North Post, Spokane, WA 99201

Promotes well-being, independence, dignity, and choice for all seniors and individuals needing long-term care in Ferry, Stevens, Pend Oreille, Spokane, and Whitman counties. Case management includes home visits.

Fairchild AFB Mental Health Clinic

(509) 247-2731

701 Hospital Loop, Fairchild AFB, WA 99011

Provides suicide prevention training and outreach. Walk-in mental health services are available during duty hours. Individuals needing emergency care after hours should go to the nearest emergency room. Services are available for active duty members only.

Greater Spokane Substance Abuse Council (GSSAC) - Prevention Center

(509) 922-8383 | www.gssac.org

1804 East Sprague Ave., Spokane Valley, WA 99212

GSSAC provides drug and alcohol prevention and awareness training.

Hospice of Spokane

(509) 456-0438 | www.hospiceofspokane.org

121 South Arthur St., Spokane, WA 99201

Grief counseling and support services available to any Spokane County resident who has lost a loved one, whether or not the loved one was a client of hospice. Counseling services available Monday–Friday, 8am–5pm. Call to schedule an appointment; group walk-ins welcome.

Odyssey Youth Center

(509) 325-3637 | www.odysseyyouth.org

1121 South Perry St., Spokane, WA 99202

We work with lesbian, gay, bisexual, transgender, and questioning youth to provide a safe place, education, and advocacy – promoting positive growth and self-empowerment.

Survivors of a Loved One's Suicide • Hospice of Spokane

Sheryl Shepard – (509) 456-0438 | www.hospiceofspokane.org

121 South Arthur St., Spokane, WA 99201

A support group for anyone who has lost a loved one to suicide. We meet on Tuesdays from 5:30–6:30 p.m.; call ahead for info.

PREVENTION EDUCATION

Applied Suicide Intervention Skills Training (ASIST)

AJ Sanders – (509) 324-1596 | asanders@spokanecounty.org

A two-day, skills-based training program that teaches suicide assessment and intervention skills. ASIST is appropriate for everyone, from concerned citizen to mental health practitioners. Skills and principles are illustrated in case studies presented in DVD and live drama. Participants have multiple opportunities to practice skills in role-play simulations and to engage in discussions with other participants and workshop trainers.

QPR Institute Training Program

Kathy White or Paul Quinnett – (509) 536-5100 | 1-888-726-7926

pqinstitute@qwest.net | www.qprinstitute.com

PO Box 2867, Spokane, WA 99220

The QPR (Question, Persuade, Refer) Institute offers education in suicide prevention, gatekeeper training, and suicide risk assessment and management. Programs are offered in both traditional classroom settings and are now ALL available online. Courses are approved for continuing education and some courses are approved for college credits.

- ◆ Limited time partnership with SRHD to provide discounted training; for information: AJ Sanders (509) 324-1596 | asanders@spokanecounty.org

safeTALK

Sabrina Votara – (509) 475-7334 | Sabrina@yspp.org | www.yspp.org

safeTALK is a 3-hour training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources.

SMILE (Students Mastering Important Lifeskills Education)

Christy Toribara – (509) 448-8886

P.O. Box 30357, Spokane, WA 99223

We help at-risk youth (ages 0-25) develop positive life skills and the ability to deal with emotional pain and life challenges. We focus on teaching coping skills to youth before they become at-risk.

YSPP (Youth Suicide Prevention Program), WA State YSPP

Sabrina Votara – (509) 475-7334 | Sabrina@yspp.org | www.yspp.org

YSPP offers youth-focused suicide prevention education and training to community members and organizations. We also offer free school-based peer education programs and assistance with developing and implementing suicide prevention and intervention programs and crisis response plans.

IN AN EMERGENCY:

Call First Call for Help at (509) 838-4428
OR walk into any hospital emergency room
OR call 911

First Call for Help (24 hour crisis line)
838-4428 | toll-free (877) 678-4428
TDD 624-0004

Crisis Response Services – Spokane Mental Health

South 107 Division, Spokane, WA 99202 • (509) 838-4651
Emergency services are available and accessible to all Spokane County residents, 24-hours a day, 7-days a week, 365 days a year regardless of age, culture, mental health coverage and without need for pre-authorization based on medical necessity criteria.

National Suicide Prevention Lifeline

(800) 273-TALK (8255) • (Includes services for veterans/military)
www.suicidepreventionlifeline.org

Hospital Emergency Rooms - Walk-In

Emergency medical care for anyone in a crisis is available by walking into any emergency room. Sacred Heart provides acute mental health in-patient stabilization and supervision in a modified environment, risk evaluation and treatment recommendations.

Deaconess Medical Center

800 West Fifth Avenue • (509) 458-7100

Providence Holy Family

5633 N. Lidgerwood • (509) 482-2460

Providence Sacred Heart Medical Center & Children's Hospital

101 West Eighth Ave. • (509) 474-3344

Valley Hospital and Medical Center

12606 E. Mission • (509) 473-5466

VA Medical Center

4815 N. Assembly • (509) 434-7000