

Mental Health Support Services

Local and National Resources

Emergency Resources

- First Call for Help: 2-1-1
- National Suicide Prevention Lifeline: 9-8-8
- National Crisis Text Line: 741-741
- Henderson Mobile Response Team
- 954-463-0911
- Henderson Centralized Receiving Center
Walk-in Services (18 and above)
- 954-606-0911

Eagle's Haven Wellness Center

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

5655 Coral Ridge Drive

The Shoppes at Heron Lakes

Coral Springs, FL 33076

P: 954-618-0350

Open Saturday and Sunday 10 a.m. – 4 p.m.

Open Weekdays 10 a.m. – 6 p.m.

Counseling/Support Resources

Florida Initiative for Suicide Prevention (FISP)

954-384-0344 • www.fisponline.org

Local Outreach to Suicide Survivors

Rafis Nin, LCSW 954.746.2055 X134

or rafis@mhasefl.org

Support services designed to help survivors cope with the impact of a loved one's death by suicide.



Established 1915

BROWARD
County Public Schools

Broward County Public Schools Resources

Services available during regular school hours



The Family Counseling Program is available to all students and their families residing in Broward County and enrolled in any school within the county. Services are FREE and confidential. Call 754-321-1590 to schedule an appointment.



SEDNET provides suicide prevention training and support. For more information, visit www.browardschools.com/SuicidePrevention.



The T.A.L.K. app is available exclusively to BCPS K-12 students as an icon that appears on their Clever dashboard. Once a student submits a T.A.L.K. App form, they are connected to a mental health professional before the end of the next school day.



School Psychologists provide direct support and interventions to students and consult with families, school staff, and other professionals to improve support strategies. Contact Psychological Services at (754) 321-3440.



School Social Workers are mental health professionals embedded in our schools as support staff to help students and families when they encounter barriers that impact a child's academic, emotional, and social development. Visit browardschools.com/schoolsocialwork for more information.



School counselors provide services to help students succeed in the areas of Academics, College and Career Readiness, and Social & Emotional Learning. Learn more at browardschools.com/schoolcounseling

Preventing Youth Suicide: Tips for Parents and Educators

Suicide is preventable. Youth who are contemplating suicide frequently give warning signs. Do not be afraid to ask about suicidal thoughts. Never take warning signs lightly or promise to keep them secret.

Preventing Teen Suicide: Tips for Peers

Suicide rarely happens without warning. As a peer, you may be in the best position to recognize when a friend might need help and help them get it. You may see signs in person, hear about them secondhand, or see them online in social media. Never ignore these signs.



Risk Factors

- Hopelessness
- Nonsuicidal self-injury (e.g., cutting)
- Mental illness and substance abuse
- History of suicidal thinking and behavior
- Prior suicide among peers or family members
- Interpersonal conflict, family stress/dysfunction
- Presence of a firearm in the home



Warning Signs

- Suicidal threats in the form of direct (e.g., "I want to die") and indirect (e.g., "I wish I could go to sleep and not wake up") statements
- Suicide notes, plans, online postings
- Making final arrangements
- Preoccupation with death
- Giving away prized possessions Talking about death
- Sudden unexplained happiness Increased risk taking
- Heavy drug/alcohol use



Everyone's life matters. Help is available.



People do care. Treatment works.



Don't keep silent. Tell a trusted adult.

Parents: What to Do

- Remain calm and nonjudgmental; listen. Ask directly about suicide (e.g., "Are you thinking about suicide?").
- Avoid being accusatory (e.g., don't say, "You aren't going to do anything stupid are you?").
- Reassure them that there is help; they will not feel like this forever.
- Provide constant supervision. Do not leave the youth alone.
- Remove means for self-harm, especially firearms.
- Get help! Never agree to keep suicidal thoughts a secret. Tell an appropriate caregiving adult.
- School staff should take the student to a school-employed mental health professional.

Reminders for Parents

- Continue to take threats seriously. Follow-through is important even after the child calms down or informs the parent they "didn't mean it."
- Access school supports. Parents can give the school psychologist permission to contact the referral agency, provide referral information, and follow up on the visit.
- Maintain communication with school. After an intervention, the school will also provide follow-up supports. Your communication will be crucial to ensuring that the school is the safest, most comfortable place possible for your child.


If you or someone you know is suicidal, get help immediately via 911, the National Suicide Prevention Lifeline at 9-8-8, or the Crisis Text Line (text "HOME" to 741741).

Students and Peers: What to Do

- Recognize the warning signs in yourself, your friends, and on social media.
- Get help. You can't do it alone.
- Tell an adult. Talk to your parent, friend's parent, school psychologist, or any trusted adult.
- Make no deals. Never keep a friend's suicidal plans or thoughts secret.
- Avoid drugs and alcohol.
- Consider downloading helping apps like Virtual Hope Box, MY3, or A Friends Asks.
- Ask if your school has a crisis team.

Reminders for Friends

- Connect. Listen, be accepting, don't judge.
- Confirm. Ask if your friend has thoughts of dying or suicide.
- Protect. Take any threats seriously. Do not agree to keep a secret!
- Stay. Do not leave a person alone if you are concerned about them being at imminent risk.
- Act. Call for help immediately.

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School Psychologists

For additional guidance, visit
www.nasponline.org/safety-and-crisis.
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